**Material**
- Vase or Glass Cup
- Baking Soda
- Vinegar
- Food Coloring
- Glitter
- Pan (to contain the mess)
- Tablespoon
- Teaspoon

**Activity At HAND**

**Sparkling Explosion**

**Directions**

- Put the vase in a pan
- Place 2-3 tablespoons of baking soda in the bottom of the vase
- Add 6-7 drops of food coloring to vase
- Add 1-2 teaspoons of glitter to vase
- Quickly pour in a ½ cup of vinegar
- Watch for the sparkles!

**Wellness Areas of Focus**

- Physical
- Emotional

**Activity Submission**

1. Take a picture of your project
2. Visit [hhcenter.org/adult-day-program/](http://hhcenter.org/adult-day-program/)
3. Click the link for activity submissions
4. Upload the picture