**Experiments in the kitchen**

**Messy experiments to learn science in the kitchen, make sure you get an adults help before trying any experiments.**

[**Bend light for an optical illusion**](https://imperialcollegelondon.box.com/s/1s5rq3slzznxcgxvtapu5u0t2f2rm6qv) - This activity explores the way light travels through different materials. You’ll need paper, pens and a drinking glass or glass bottle! If you want a video explaining a little more, [check out this one](https://www.youtube.com/watch?v=G303o8pJzls)which goes into extra detail.

[**DIY playdoh**](https://www.youtube.com/watch?time_continue=148&v=oAIAm6BF0fs&feature=emb_logo) - Making playdoh is fun and a great way for young children to develop a variety of skills as they measure, pour and mix – all things our scientists do daily! There are lots of recipes online, but we like this one as it’s very simple and doesn’t involve any cooking. You just need salt, water, flour and food colouring.

[**10 Experiments you can do at home**](https://www.youtube.com/watch?v=YmafohV2RX8) - Here are 10 experiments and activities you can do at home. The video is quite fast, so because of this we would recommend watching any experiment you want to try a few times first before starting!

[**10  more experiments at home**](https://www.youtube.com/watch?v=4MHn9Q5NtdY) - Home-schooling blog site [Raising da Vinci](https://www.raisingdv.com/) has a great post featuring 10 experiments you can do at home. Lots of these use simple bits of kit you might have already. We really like the balloon rocket on a string as it’s easy to make and is suitable for all ages.

[**20 experiments in five minutes with Physics Girl**](https://www.youtube.com/watch?v=8aaXZDazPxs) - If you want to try some kitchen science but you are unsure where to start, you can get some inspiration from Physics Girl. She does 20 experiments in just over 5 minutes, and lots of these you can do at home with adult help!

[**Make some amazing slime**](https://imperialcollegelondon.app.box.com/file/641987720362) - Slime is great fun but it also has some amazing properties. This activity shows you how to make your own, all you’ll need is water, cornflour and a mixing bowl. After making your slime you can compare the slime with other materials in your house and learn more about properties.

[**Walking rainbows**](https://www.youtube.com/watch?v=hGwG--GZEfw) - In support of our essential workers, many people have been displaying rainbows on their windows. Drawing a rainbow is great, but why not add a little science to your creativity with this activity from Ryan’s world? All you need is some tissue paper, water and food colouring.

[**Explore yourself with the RI**](https://www.rigb.org/families/experimental/proprioception) - In these activities you can explore our awareness of our own bodies. By doing eight different illusions that trick your understanding of your own body you can see how these senses work.

[**Disgusting Digestion**](https://cdn-film-http.twig-world.com/CPD00001/2014-09-01/h264-1400/c8dc23ec1a0f2afb933572a3f863d9af.mp4) - Our colleagues in our Schools Outreach department have been busy making activities for school groups and families to do at home. In this experiment you can explore how we digest food and what comes out when we are done! Although it’s a little bit disgusting, it’s a really good way to get children thinking about what they eat, and how we get nutrients and energy from food!

[**Make your own ice cream**](https://learning.sciencemuseumgroup.org.uk/wp-content/uploads/2019/02/SMG-Learning-Activities-Instant-Ice-Cream.pdf?button&utm_source=Email&utm_medium=Newsletter&utm_campaign=LJS%3AMayLatesnewsletter%2C27.05.20&utm_content=Ice%20cream%20button_version_A&promo=17866) - Make your own ice with this activity from the Science Museum. You’ll need some salt, ice, zip-lock bags, milk and gloves. Flavours, sprinkles and a cone are all delicious extras! This activity uses salt to lower the temperature of the ice, which then cools the ice cream! It means you can make ice cream without a freezer.

[**Make blood inspired crafts**](https://www.crick.ac.uk/whats-on/discovery-week-2020/make-your-own-art-tools) - The [Crick](https://www.crick.ac.uk/whats-on/discovery-week-2020), a medical research centre near King’s Cross, has lots of great activities available to download as part of their [Discovery Week](https://www.crick.ac.uk/whats-on/discovery-week-2020/). We really like this activity where you can make your own blood inspired crafts, delivered by a researcher who studies Malaria.

[**Five Experiments with Physics Girl**](https://www.youtube.com/watch?v=EmqZBBuTMjA) - Kitchen science is a great way to explore science at home. Here are five simple kitchen science experiments you can try for yourself from [Physics Girl](https://www.youtube.com/channel/UC7DdEm33SyaTDtWYGO2CwdA). Remember when doing experiments that children should always be supervised.

[**Kitchen science**](https://learning.sciencemuseumgroup.org.uk/wp-content/uploads/2017/09/Kitchen-science.pdf) - The Science Museum have put together 11 experiments and activities that you can try out in the kitchen. Each of these experiments comes with a list of what you will need and explains the science behind what you see!

[**Make a lava lamp**](https://www.crick.ac.uk/whats-on/discovery-week-2020/make-a-lava-lamp) - The [Crick](https://www.crick.ac.uk/whats-on/discovery-week-2020) has lots of great activities available to download as part of their [Discovery Week](https://www.crick.ac.uk/whats-on/discovery-week-2020/). We really like this activity where you can make your own lava lamp. As you make your lamp you will explore the properties of different liquids, learn more about densities, and make your own chemical reaction.

[**Make some giant bubbles**](https://learning.sciencemuseumgroup.org.uk/resources/bubble-fun/) - Use a bubble wand to make [some giant bubbles with the Science Museum](https://learning.sciencemuseumgroup.org.uk/resources/bubble-fun/). This activity can get messy! You’ll need a wire coat hanger, tape and string to make your bubble wand. The bigger the wand the bigger the bubbles! Although your bubbles may get very big, bubbles are really thin, less than a thousandth of a millimetre thick – less than one-fiftieth the diameter of a human hair! This means they are super light, which is why they can float away.

[**Get Chemical with The Crick**](https://www.crick.ac.uk/whats-on/discovery-week-2020/chemical-reactions-to-try-at-home) - The Crick has loads of great activities to try out at home. We really like these kitchen experiments where you can try some chemical reactions and make your own invisible fire extinguisher. You’ll need a few items for these, but you may already have lots of these in the house like bicarbonate of soda or icing sugar!