



Super Slimy Snot Activity

Make your own snot

Sticky, slimy snot in our noses traps microbes. This helps to stop bad microbes getting into our bodies and making us poorly. Ask an adult to help you make your own snot using the recipe below.

To make your own snot, you will need:

INGREDIENTS

- PVA Glue
- Baking soda
- Contact lens solution
- Green food colouring
(you will find this in the baking aisle of the supermarket)
- Water
- A disposable cup
- A plastic spoon or stirrer
- Rubber gloves
- Eco friendly glitter (optional)

Method

1. Put the gloves on. To a cup, add a few pinches of baking soda for every 30g of glue (around 1tsp per bottle of glue). Stir to mix the baking soda and glue.
2. Once the baking soda is fully incorporated, add a few drops of green food colouring and glitter (optional). Stir to Mix.
3. Then add water to change the consistency of the slime as preferred.
4. Finally, add the contact lens solution and stir until the glue isn't sticky anymore.

You can play with the snot, but do not eat it

Wash your hands when you have finished playing with the snot. It will last a few days if you keep it wrapped up in cling film.

