



# Super Slimy Snot

## Activity

### Make your own snot!

Sticky, slimy snot in our noses traps microbes. This helps to stop harmful 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
- Laundry starch and warm water
- Green food colouring
- Water
- 2 disposable cups, labelled A and B
- A plastic spoon or stirrer
- A tablespoon
- Rubber gloves

### Method

1. Put the gloves on. Fill cup A with water and ask an adult to add a spoonful of laundry starch to the cup. Stir to mix the powder and water.
2. In cup B, add 2.5cm of PVA glue to the bottom of the cup, and mix with about three tablespoons of water. Stir to mix.
3. Add a few drops of green colouring to cup B and stir to mix.
4. Finally, add a tablespoon of the starch solution (from cup A) to cup B, and watch the green slimy snot form! After about 30 seconds you can play with it!

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.