

Cool-ology® CALM and GRATITUDE STEAM

Supply List

Activity 1

- Balloon
- ½ Cup Baking Soda or Cornstarch
- 1-2 TSP Hair Conditioner
- Spoon
- Bowl
- Scissors
- Funnel (can be made from a plastic bottle)
- Markers (optional)
- High Sided Tray

Activity 2

- Jar or Tall Container with Lid or Empty Bottle with Large Opening with Lid (ex. 12 oz Gatorade or Voss Water Bottle)
- Warm Water
- Food Coloring
- Glitter
- Glitter Glue (1 container)
- Skewer or thin, long spoon

Activity 3

- 4 oz. Elmer's White Glue
- 1/4 cup Cornstarch
- 1/4 cup Warm Water
- 1/4 Tsp. Borax
- 2-5 Drops Food Color

Activity 4

- 8 or 12 oz Water Bottle With Lid
- Water
- 4 oz Oil (Cooking Oil is Fine)
- Food Coloring
- Fizzing Tablet (Alka Seltzer or Efferdent, or Polident)