

Bentleigh West Kindergarten Inc.

HOME LEARNING – How to make slime



Here's what you'll need:

- Metamucil (supplied in your pack which is 6 grams)
- 2/3 cup of water
- Spoon
- Scissors
- Microwave safe jug/bowl
- Microwave
- Optional – glitter and food colouring (if you want to make it fancy)



Here's how to do it:

1. Open the packet of Metamucil and pour into your microwave safe jug/bowl.



2. Add 2/3 cup of water



3. Stir ingredients thoroughly (optional add any glitter or colour and stir again).



4. Place the bowl/jug in the microwave and heat on high for 1 minute.

(Adult help required)



5. Stir vigorously, then place back into the microwave to heat for one more minute.

**(Adult help required
it might be hot)**



6. Remove from microwave and stir for about a minute. As the heated mixture cools, you will see the slime begin to come to life, thickening as it cools.

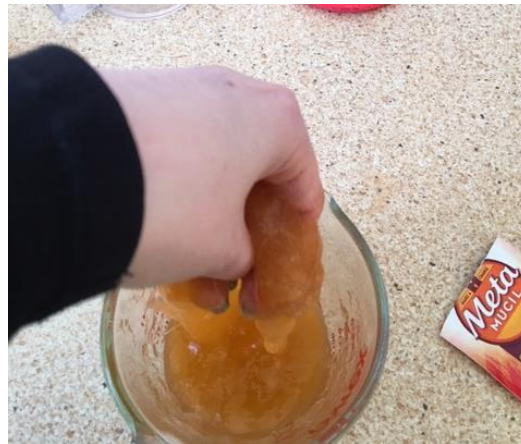
**(Adult help required
it will be hot)**



7. Let sit to cool (it took 25 minutes in the fridge for me).



8. Once the slime is completely cool, it will be ready to play with. It's pretty messy so we suggest playing with in a large bowl or tub!



NOTES:

- You can also check out the video on the website.
- You can use $\frac{1}{2}$ cup of water if you want really thick slime much like the store bought products.
- While this slime is non-toxic and technically edible, it's not meant for consumption. A taste or two will do no harm, but as this slime contains a lot of fibre, eating a lot of it is not recommended.
- If you buy the product, make sure the Metamucil you are using contains psyllium husk. This is the key ingredient that will produce the slimy goodness. A generic brand of fibre powder will also work if it contains psyllium husk.