

Lava Lamp Activity

Age Group: 1st - 5th grade

Child/Adult Ratio: 6 to 1

Take Away Artifact: Yes

Approximate Time: 15 mins

Divisions Covered: OT, Family Programs

Materials:

- Mason jars or empty water bottles
- Vegetable Oil
- Food Coloring
- Fizzy Tablet

Skills Required for Completion of Task:

Motor skills

- Bilateral upper extremity coordination
- Ability to manipulate small objects
- Hand-eye coordination
- Ability to grip objects
- Ability to stabilize objects/tasks

Process/Cognitive skills

- Ability to attend to a task for greater than 5 minutes
- Follow multi-step directions
- Ability to sequence steps
- Ability to organize or keep materials organized for a task
- Ability to adjust to different workspace requirements

Social skills

- Ability to communicate and share equipment with peers/staff appropriately
- Ability to express emotions through art
- Participate in a therapeutic, stress-relieving activity

K-8 Standards:

3.PS1: Matter and Its Interactions 1) Describe the properties of solids, liquids, and gases and identify that matter is made up of particles too small to be seen.

Precautions:

- If mason jars are used, they should be used with caution as glass may break easily

Activity completed by the following disciplines:

- Occupational Therapy
- Family Services

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Expenses:

- **\$5.00** for a pack of Alka Seltzer tablets
- **\$4.00** for a pack of assorted food coloring bottles
- **\$3.00** for a bottle of vegetable oil
- **\$4.00** for a pack of water bottles

Instructions:

1. Give each an empty water bottle or mason jar and fill it $\frac{3}{4}$ way with water
2. Add 4 tablespoons of vegetable oil to the water bottle
3. Add 2 teaspoons of food coloring of choice to the water bottle
4. Add one fizzy tablet (Alka-Seltzer) to the water bottle.
5. Screw on the lid of the water bottle, ensuring that it is on tight. You can then shake the water bottle, and the activity is complete.

(Note: can use this activity as a science lesson in density of liquids)