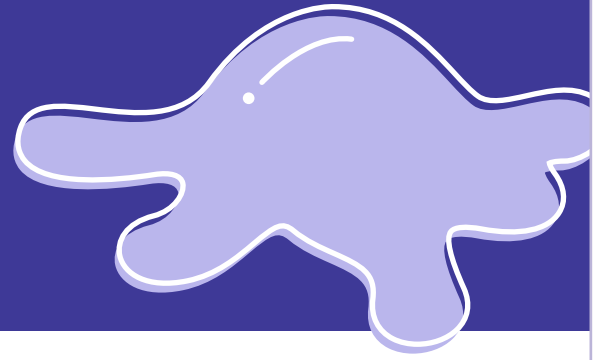


# Psylliy Slime

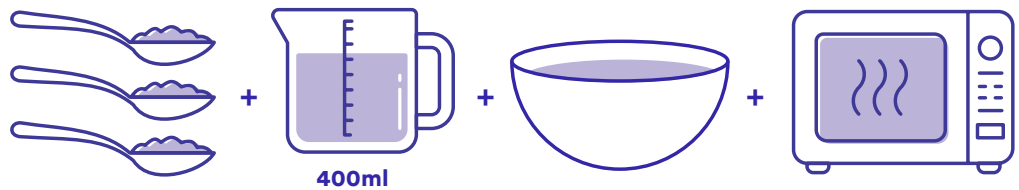


## ACTIVITY SHEET

Psyllium husk can make a great, non-toxic and taste-safe slime\*.

### Materials needed

- 3 tablespoons of psyllium husk
- 400ml tap water
- A microwave safe bowl
- Microwave

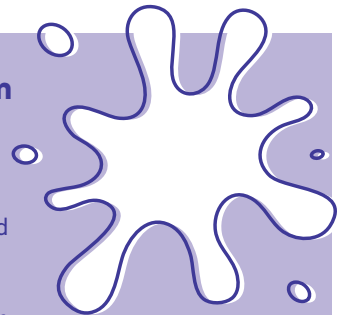


### How to make your slime

1. Put 3 tablespoons of psyllium husk into a microwaveable bowl.
2. Add 400ml water.
3. Stir all your ingredients together.
4. Microwave for up to 5 minutes (keep checking after each minute to stir, once the slime is at a consistency you would like you can take it out).
5. Slime will be hot once taken out of the microwave so leave to cool for 1 hour.
6. If you do not have a way to heat up your slime, you can use warm water and continually stir instead.

### How does psyllium form slime?

Psyllium is the common name for a plant harvested specifically for its seeds. The seed's coat, or husk, contains a large amount of a hydrophilic (water loving) substance called mucilage. Mucilage is a gooey polymer produced by most plants and some microorganisms. When mixed with water, this chemical turns into a translucent, colourless gel. Heating this in the microwave simply helps speed up the process.



### What can you add to make this slime even better?

Try changing your slime by experimenting. Adding food colouring to the water before stirring can make some great colours. Think about changing the way the slime smells by mixing in food flavourings such as peppermint extract or vanilla essence. What would happen if you added glitter or flower petals?

To experiment even more try changing the variables of the original recipe. What happens when you add more, or less water? How can you make your slime to be more gooey or more rubbery? Is there a difference in the slime when you add warm or cold water?

**Have fun and happy experimenting!**