

MINDFUL SUMMER

SLIME LAB

May-June 30 Virtual Class ANYTIME Fee: \$15

ID#: 50508-06

Have the slime of your life creating **Mindful Slime AT HOME** with Coach Lisa Lombardi! We will please our senses and stay in the present. Any worries will be put aside as we have a blast creating **STRETCHY SLIME, GOOEY OOBLECK, AND CLOUD DOUGH!** Our slime creations will pop like fireworks, smell like summer and be colored to remind kids of the beach. **You must provide your own supplies. (KM)**

This online experience will be a “one and done” encounter with a duration of about 30 minutes, better yet you get to choose the day! You can register anytime between now and June 30th. Once you register, you will receive a YouTube private link to access the class anytime. Families have the option to email Coach Lisa during spring/summer with any questions! Class is taught by Lisa Lombardi Coaching Inc, www.lisalombardi.com.

Supplies Needed:

Elmers Clear Glue (5 oz individual or ½ cup.)
Contact Lens Solution (1-2 Tablespoon)
Baking Soda 1-2 tsp.
Cornstarch (4-5 cups)
Hand Lotion (any) (1/2 cup)
2 large Bowls
Spatula
Baggies (2-3)
1 smaller cereal sized bowl (can be disposable)
Measuring Spoons and Cups: ½ cup, 1tsp, ½ tsp, 1 Tablespoon, test tubes OR small cups



Optional Supplies to Take it up a Notch:

Pop Rocks (make your Oobleck crackly like fireworks)
Sand (Oh how we miss the beach, feel it in your slime or dough)
Beads (Give it texture!)
Gems (Make it sparkle and hide them, then find them)
Foam balls (a great low cost add in)
Food Coloring (any color works about 4 drops)
Scents to spray in (think food extract diluted...I love root beer extract or mint)

