

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)

