

# Super Sneezes Super Slimy Snot

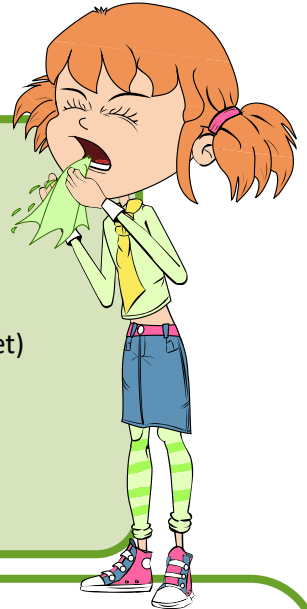
## Make your own snot!

Sticky, slimy snot in our nose traps microbes. This helps to stop bad microbes getting into our body and making us ill. Ask an adult to help you make your own snot using the recipe below.

### To make your own snot, you will need:

#### Ingredients

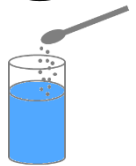
- PVA Glue
- Borax powder (this can be bought in the supermarket near the washing powder).
- Green food colouring (you will find this in the baking aisle of the supermarket)
- Water
- 2 disposable cups, labelled A and B
- A plastic spoon or stirrer
- A tablespoon
- Rubber gloves



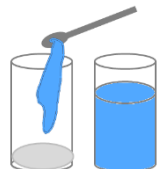
#### Method



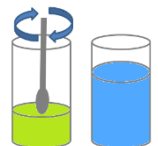
Put the gloves on. **Fill** cup A with water, and ask an adult to add a **spoonful** of borax powder to the cup. **Stir** to mix the powder and water.



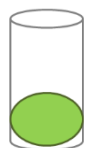
In cup B, **add** about an inch of PVA glue to the bottom of the cup, and **mix** with about three tablespoons of water. **Stir** to mix.



**Add** a few drops of green colouring to cup B and **stir** to mix.



Finally, add a **tablespoon** of the Borax solution (from cup A) to cup B, and **watch** the green **slimy** snot form! After about 30 seconds you can **play** with it!



You can play with the snot, but **do not** eat it!  
Wash your hands when you have finished playing with the snot.  
It will last a few days if you keep it wrapped up in cling film.