

1970's Lava Lamp

Supplies

- recycled plastic water bottle
- a cup of water
- food coloring
- vegetable oil
- Alka-Seltzer



Instructions

1. Mix food coloring with a cup of water.
2. Fill your bottle 3/4 of the way from the top with vegetable oil. Remember to leave plenty of room for the water and air escape so the lava doesn't boil over.
3. Pour the colored water into the bottle. Try not to fill the bottle all the way to the top.
4. Break a single Alka-Seltzer tablet into small pieces. Use only a little piece of the tablet for a slow reaction inside the bottle, so that the bubbles move at an easy pace and don't bubble over.
5. Add in the pieces slowly, waiting a second or two between each piece. Make sure not to use more than one tablet in a single use or the lamp will get pretty cloudy.

**Thank you
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