



Science Activities

Bend a Bone

Age Range: All Ages

Supplies: A large jar or mason jar, a chicken bone- a leg or drumstick bone works best, vinegar.

Set Up: N/A

Instructions: Rinse off the bone in running water to remove any meat from the bone. Have the children inspect the bone and discuss with them the texture, structure, etc. Gently try bending it. Like our bones, chicken bones have a mineral called calcium in them to make them hard. Put the bone into the jar and cover the bone with vinegar. Place the lid on top and secure. Let it sit for three days. While the bone is sitting, have the children guess what will happen to the bone. After three days, remove the bone. It should feel different. Rinse it off and try bending the bone again. Talk to the children about how the bone has changed.

So, what happened? What is so special about vinegar that it can make a hard bone squishy? Vinegar is considered a mild acid, but it is strong enough to dissolve away the calcium in the bone. Once the calcium is dissolved, there is nothing to keep the bone hard – all that is left is the soft bone tissue. Now you know why your mom is always trying to get you to drink milk – the calcium in milk goes to our bones to make our bones stronger. With some effort and you can really get the bone to bend.



Science Activities

Edible Cranberry Slime

Age Range: All Ages

Supplies: 1 cup cranberry sauce, 1 cup cornstarch, large bowl, measuring cups, spoon. Feel free to double or triple the recipe if needed for large groups.

Set Up: N/A

Instructions: Place the cranberry sauce in a bowl and work out some of the large clumps. Add an equal amount of cornstarch and stir well. It will get increasingly hard to stir and you may need to start using your hands to knead it together. Add more cornstarch as needed to get a not-sticky, dough-like texture. Although the slime is edible, do not have the children eat their entire portion of slime.

