Alice's Slime Activity for KS2

This session explains about the neuroplasticity of the brain by using slime!

INTRODUCTION

When we have uncomfortable feelings, we can feel a bit stuck or trapped. Knowing about the neuroplasticity of the brain brings hope because we know that it is possible to create new pathways in our brain and therefore we can learn habits that will help us to have a healthy mind.

One healthy habit that scientists have proven can make adaptations to our brain is mindfulness.

Why not start your mindfulness journey during children's mental health week and see what changes you can make to have a healthier mind and feel better.

Alice x

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YOU'LL NEED:

- A bowl
- A mixing spoon
- 1 cup of PVA glue
- Paint (optional)
- 1 tsp of bicarbonate of soda
- 1 tbsp of contact lens solution (please note that it must contain borax)

METHOD

Step 1 In a bowl, mix the bicarbonate of soda with the glue using a spoon.

Step 2 Add your favourite colour paint (optional).

Step 3 Add the contact lens solution. It will be very sticky at first, but keep mixing and you will find it begins to stick to itself. At this point you can take it out of the bowl and knead it with your hands until it becomes squidgy slime!

DISCUSSION

Invite a couple of pupils to play with the slime.

Hold it up for all pupils to see.

What adjectives can you think of to describe the way the slime moves? (Encourage them to think about the way it changes shape - looking for vocabulary such as adaptable, flexible and changeable).

Do you know there is an organ in our body that is also adaptable? What organ might that be? (The brain!)

The brain is incredible because it has the capacity to adapt and change. There is a special word for this called neuroplasticity.

TIME REQUIRED

20 minutes