What makes scary movies so scary? Makeup! Makeup turns ordinary movie actors into zombies, monsters and vampires. It gets you to believe in bloody battles and bruising fight scenes, even when people are just faking it. Now you can create some of these special effects in your own home!

In this kit, you’ll find everything you need to practice the tricks that movie makeup artists use to create their most disgusting and frightening effects. You’ll make fake blood, oozing blisters, scabby cuts, and more. Along the way, you’ll also learn some cool science about what happens to your body when things like gashes, bruises and burns are for real.

In each activity, you’ll get to act and think like a real scientist. You’ll measure, you’ll compare things, you’ll ask questions and you’ll make observations using your senses.

Let’s get gory!

What You get in your kit:
- Red food coloring
- Green food coloring
- Measuring scoop (1/8 tsp)
- Stir sticks
- Petroleum jelly
- Corn starch
- Corn syrup
- Glue
- Gelatin
- Cups

What You need to get or use:
- Cocoa powder
- White toilet paper (single ply)
- Paper towels
- Crayon or other safe long skinny object
- Small piece of paper the same color as your skin
- Thick black thread
- Clear tape
- White construction paper
- Vegetable oil
- Scissors (optional)
- Tweezers (optional)
- Plastic wrap (optional)

ADULT SUPERVISION IS REQUIRED.
Not recommended for children under 8 years of age. Ingredients used are recognized as safe. As with most cosmetic applications, some individuals may experience instances of sensitivity. Test a small amount of each ingredient on your child’s skin and wait 10-15 minutes to see if any reaction occurs. If a reaction occurs, stop using immediately, wash skin and seek medical attention.

CAUTIONS: Ingredients and mixtures may stain. Protect your clothing and work surfaces. Wash skin with mild soap and warm water to remove makeup items. If skin is stained, repeat process until color is removed. It may take a couple of days for food coloring to totally disappear from the skin. Do not apply any of the makeup in eye area, inside nostrils, on lips or in mouth. Some of the ingredients are food-grade components, but the mixtures are not food and should not be placed in mouth, swallowed or ingested.
Activity #1: A Bloody Mess

Horror movies and fight scenes can get pretty bloody. Actors don’t really cut themselves or punch each other in the face, but fake blood sure makes it look like they do! For super gory movies, directors sometimes use thousands of gallons of the fake stuff. Back when movies were black and white, makeup crews used chocolate syrup for fake blood.

What You need to get or use:
- Paper towels
- Water
- Cocoa powder

What You need from your kit:
- Corn syrup
- Measuring scoop (1/8 tsp)
- Cup
- Corn starch
- Red food coloring
- Stir stick
- Green food coloring

Let’s get started!

Step 1: Blood, even fake blood, can get messy. So let’s set up your work area by putting a paper towel on a flat surface to catch any spills.

Step 2: Real blood is thick. How will we get thick fake blood? Corn syrup! Pour 1/3 of the corn syrup (or about 1/4 cup) into the plastic cup. Let’s make some observations! Does it pour quickly or slowly? What does it smell like? How does it feel? Compare it with water. How are they the same or different?

Step 3: Real blood is red. What makes fake blood red? Food coloring! Add 3-4 drops of red food coloring to the corn syrup and use your stir stick to mix until completely combined. Is this starting to look like blood?

Step 4: Real blood isn’t just red, it’s dark red. To make your fake blood really dark and yucky, add ONE drop of green food coloring to the corn syrup mixture and stir until completely combined. Note: You can experiment later and see what happens if you add more green.

Step 5: You can’t see through real blood. Hold your cup of fake blood up to your eye. Let’s make some observations! Can you see through the blood? Spoon out some of the blood—is it kind of clear? To make your fake blood look more like the real thing, use your measuring scoop to add 2 scoops of corn starch to your bloody mixture. Stir until the corn starch is completely combined. What happened? How did this change the blood?

Step 6: Measure 1 scoop of cocoa powder and add it to the blood. Stir until completely combined. Does this change the blood even more? How?

FUN FACT:
The average adult has 13 gallons of blood in his or her body. Look at a gallon of milk. You’re bloodier than that!
Step 7: Let’s scare your family and friends! Take a little bit of your fake blood and smear it somewhere on your body, like your knee or your wrist. Yell “ouch!” and pretend you hurt yourself. Does anyone believe you’re really bleeding?

You can change the way your fake blood looks, using things you learned from your observations. If it’s too pink, what do you do? How about if you want to make it darker? What if it’s too thin or too thick? What if you can see through it? Go ahead and experiment until you get the bloodiest blood ever!

Note: Save your fake blood for later activities. Use soap and water to wash off your blood before the next activity.

GORY SCIENCE!
You really only notice your blood when you cut yourself or get a bloody nose, but blood is always hard at work inside your body. It’s made up of different parts that do all kinds of important things. White blood cells help keep you healthy by attacking germs and bacteria. Red blood cells carry oxygen to your muscles and organs; they contain a protein called hemoglobin—that’s what makes blood red. Platelets help stop bleeding. Plasma carries nutrients to muscles and organs and gets rid of waste.

Activity #2: All Dried Up
Fake blood is great for fresh wounds, but if you want something to look crusty and extra gross, dried blood is even more disgusting! This is great for zombie movies, with all that rotting, dead flesh, or disaster films where people survive things like plane crashes—their bloody gashes turn all scabby while they wait to be rescued.

What You need from your kit:
- Glue
- Cup
- Red food coloring

What You need to get or use:
- Paper towels
- Cocoa powder (optional)
- Plastic wrap (optional)

Let’s get started!

Step 1: Set up your work area by putting a cup on top of some paper towels. Pour 1/4 cup of glue into the cup. Let’s make some observations! Can you see through the glue or not? Is it thick or thin? How does it compare with the corn syrup from Activity 1?
Step 2: To make the blood really red and really dark, add 10-15 drops of red food coloring to the glue and ONE drop of green food coloring. Use your stir stick to mix until the food coloring is completely combined with the glue.

Step 3: To see what your blood will look like when it dries, let’s test it! Use your stick to rub some of the blood onto a paper towel or your skin. While you wait for the blood to dry, cover the cup of blood with a towel or plastic wrap. So, what does your dried blood look like? How did it change as it dried? What does it feel like?

Step 4: Now that you’ve seen how your blood dries, you can add more red or green food coloring to the glue if you want to make it redder or darker. Once you rub the blood on your skin, you can sprinkle a little cocoa powder on it to make your scab look extra crusty!

Note: Save your dried blood (keep the cup covered) for later activities. Use soap and water to wash off your scab before the next activity.

GORY SCIENCE!
Did you know your body can heal itself? As soon as you cut yourself, things called platelets, which are part of your blood, come to the rescue. They start to form a clot, which is like a plug, to get the bleeding to stop. Other parts of your blood work to fight off germs and bacteria that could infect your cut. Scabs are the dried blood cells left over from this battle. They protect your cut until the skin can heal.

Activity #3: Pop Goes the Blister

Blisters are used a lot in makeup for zombies, monsters and aliens. It can take a long time—sometimes as long as four hours—to apply all the makeup that’s needed to turn an actor into such a creepy creature.

What You need from your kit:
- Stir stick
- Petroleum jelly
- Red food coloring

What You need to get or use:
- White toilet paper (single ply)
- Scissors (optional)
- Paper towels (for cleaning up)

Let’s get started!

Step 1: Use your stir stick to put a glob of petroleum jelly somewhere on your skin. (Tip: Look for a spot where your skin doesn’t bend a lot.) Let’s make some observations! What does the petroleum jelly look like? Is it clear or not? Is it thick or thin? How does it feel?
Step 2: Form the petroleum jelly into the shape of a bubble.

Step 3: Cut or tear a piece of toilet paper into the same shape and size as the glob of petroleum jelly.

Step 4: Put the piece of toilet paper on top of your glob of petroleum jelly. What happens? Does the petroleum jelly soak into the toilet paper? How long does this take? Can you see through the paper?

Step 5: Gently smear some more petroleum jelly on top of the toilet paper. There’s your oozing blister! Show it to your friends and see if they want to pop it!

Note: Wipe off the blister with a paper towel and wash your skin with soap and water before the next activity.

GORY SCIENCE!

Blisters form when something, like maybe a shoe, rubs against your skin over and over again. Skin actually has a lot of different layers, and this rubbing causes the upper layer to separate from layers below. Fluid collects between the skin layers, forming a cushion to protect the injured area from more rubbing and also to help the skin heal.

Blisters can also be caused by burns, frostbite or certain chemicals.

Fun Zone!

Sometimes blood gets into blisters. Let’s make a bloody blister! Choose an area of your skin for the blister and rub it with some red food coloring. Then make a blister just like you did in the activity #3. Can you see the “blood” through your blister? Gross!

Activity #4: Cut It Out!

Horror movies are sometimes called “slasher films” because the victims usually are slashed with some sort of sharp weapon that leaves gruesome cuts and gashes.

What You need from your kit:
- Red food coloring
- Stir stick
- Petroleum jelly
- Fake and dried blood (from previous activities)

What You need to get or use:
- Water
- White toilet paper (single ply)
- Scissors (optional)
- Cocoa powder
- White construction paper
- Clear tape
- Thick black thread
- Paper towels (for cleaning up)
Let’s get started!

**Step 1:** Use your finger to dab a tiny amount of red food coloring onto your skin, wherever you want to make your fake wound. Smear the food coloring so that the area has jagged edges. If the color seems too dark, add a dab of water and smear that around to lighten the color.

**Step 2:** Use your stir stick to put a glob of petroleum jelly on top of the red wound area.

**Step 3:** Cut or tear two pieces of toilet paper about the same size and shape as the petroleum jelly on your skin. Put the pieces of toilet paper side by side on top of the petroleum jelly. Let the jelly soak into the paper until the paper is see-through.

**Step 4:** Use your stir stick to make a dent down the middle of the wound, between the two strips of toilet paper—this should look like the place where the skin was cut. Smooth down the edges of the toilet paper to blend in with your skin.

**Step 5:** Sprinkle cocoa powder around the edges of the wound.

**Step 6:** Drip some fake blood down the center of your wound to make it look like a fresh cut. Does this fake out your friends and family?

**Fun Zone!**

Some cuts are so deep, they go all the way down to the bone. Disgusting! To make it look like there’s some bone showing through your wound, cut a small piece of white construction paper and tape it to your skin. It helps if you pick a place that’s already pretty bony, like your arm or your shin. Mix together some cocoa powder and water to form a little bit of brown paste. Rub some of this on the white paper so that your “bone” isn’t super white. Then make a wound, just like you did in the activity #4, to cover the paper. Be sure your wound covers the edges of the paper and tape. Deep cuts like this usually need stitches—it helps the wound close and heal faster. To make your wound look extra real, cut short pieces of thick black thread and lay them across the cut. Freak out your friends and family with this gaping gash!

**Note:** Wipe off the petroleum jelly with a paper towel and wash your skin with soap and water before the next activity.
GORY SCIENCE!

Why do wounds swell up? Whenever there’s a cut in your skin, germs try to attack your body through this opening. To battle the germs, your body defends itself with white blood cells that travel in tubes, called blood vessels, to get to the scene of the fight. These tubes expand so that more defenders can get to the wound faster. That’s why your skin swells up around a cut—it’s the expanded tubes of defenders.

Activity #5: Take a Stab at It

How do you kill a vampire? You plunge a stake into his heart. Vampires have been deeply wounded in tons of movies over the years. That kind of stabbing—called impalement—is easier to fake than you might think.

What You need from your kit:
- Red food coloring
- Stir stick
- Petroleum jelly
- Fake and dried blood (from previous activities)

What You need to get or use:
- Crayon or other safe long skinny object
- A small piece of paper (the same color as your skin)
- Scissors (optional)
- White toilet paper (single ply)
- Cocoa powder
- Clear tape
- Paper towels (for cleaning up)

Let’s get started!

Step 1: Use your finger to dab red food coloring on your skin. Smear the coloring so that the area has jagged edges.

Step 2: Use your stir stick to put a glob of petroleum jelly on top of the red wound area.

Step 3: Put the crayon (or other safe long skinny object) across the red area. Smear petroleum jelly on the top of the crayon, except for the ends.

Step 4: Find a piece of paper the same color as your skin, or close enough. (Tip: If you can’t find a piece of skin-colored paper, you can use a crayon to color a piece of white paper to match your skin.) Cut or tear a strip of this paper to set across the middle of the wound.

FUN FACT:
- Skin is the body’s largest organ.
- When your body’s defenders come to your rescue, they eventually die. That’s what pus is made of—your body’s dead soldiers!
crayon, leaving both ends of the crayon uncovered. Gently smear some more petroleum jelly on top of this strip of paper.

**Step 5:** Cut or tear a piece of toilet paper about the same size and shape as the glob of petroleum jelly on your skin. Put the toilet paper on top of the wound area, covering the crayon and skin-colored strip of paper. Make sure to leave the ends of the crayon poking out from the toilet paper.

**Step 6:** Rip off any dry edges of toilet paper.

**Step 7:** Pat down the edges to give your wound a shape and blend into your skin.

**Step 8:** Drip some fake blood on your wound and add some cocoa powder around the edges where the crayon goes in and comes out.

You’ve been impaled! Your friends and family will scream in shock and horror!

**Note:** Wipe off the petroleum jelly with a paper towel and wash your skin with soap and water before the next activity.

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**GORY SCIENCE!**

Skin does a lot of things. It keeps germs out of your body, and it keeps water from getting in and out too!

Skin has three main layers, all made up of lots of thinner layers. The outer layer is waterproof and made of dead skin cells that shed about every two weeks. The middle layer is where you’ll find blood vessels, nerves, sweat gland and hair follicles. The deepest layer has blood and nerves running through it.

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**Fun Zone!**

There’s more than one way to impale yourself! Take the crayon and tape one end of it to your skin so that it sticks up straight into the air. Form a wound around the crayon, just like you did in activity #5, making sure the petroleum jelly and toilet paper covers all of the tape.
Activity #6: Black & Blue

Can you imagine a boxing movie without bruises? No way! Here's how to make a fight scene look real—without throwing any punches.

**What You need from kit:**
- Red food coloring
- Green food coloring
- Petroleum jelly

**What You need to get:**
- Paper towels

**CAUTION:** While food coloring is washable, it can take a couple of washes to completely remove color from skin. It might even take a day or two.

Let's get started!

**Step 1:** Choose a spot on your skin where you want the bruise. Dot the area with the red food coloring (only a tiny amount is needed). Before the dot dries, use your finger to smear the color around the area. Wipe off any excess color with paper towel.

**Step 2:** Put a dot of green food coloring in the middle of the red. Smear the green coloring over the top of the red. Wipe off any excess color with paper towel. **TIP:** Do not overdo it on the color, or your bruise will get too dark. You can always add more color later.

**Step 3:** Rub a small amount of Petroleum Jelly over the area to assist blending the colors together further.

**Step 4:** There is your bruise! Add more color if you think the bruise needs to be a little darker.

Tell your friends and family you got clobbered by a zombie!

**Note:** Wash your skin with soap and water before the next activity.

**GORY SCIENCE!**

Bruises happen when you get hit by someone or something or you bump into something, like a doorknob or a piece of furniture. The skin doesn’t tear, like with a cut, but tiny tubes of blood break underneath the surface of your skin. These tubes are called **capillaries**—they’re the smallest vessels that carry blood. The blood spreads and forms the area of your bruise.

A bruise changes colors depending on how old it is. A new bruise is reddish, because of the red blood. As the blood gets absorbed by other cells, it starts to darken and turn purple after a couple of days. That’s where the phrase “black and blue” comes from. In 5-10 days, it turns greenish or yellowish. After 10-14 days, it turns yellowish-brownish. Look at the bruise you made. From the color, how old is it? Do you have any other real bruises on your body? Look at the color of them and guess their age.

**FUN FACT:**
A **black eye,** also called a “**shiner,**” isn’t really a bruise of the **eye.** It’s a bruise on the face, around the area of the **eye.**
Activity #7: Sizzling Skin

Burns are another common use of makeup in zombie movies. You’ll also see burns in disaster movies with fires and explosions. This can be a dangerous injury—better to create a fake one.

**What You need from your kit:**
- Glue
- Measuring scoop (1/8 tsp)
- Gelatin
- Cup
- Stir stick
- Fake and dried blood (from previous activities)

**What You need to get or use:**
- Tweezers (optional)
- Water
- Vegetable oil

Let’s get started!

**PART 1: MAKING FAKE SKIN**

**Step 1:** Squeeze some glue—about the size of a dime—onto a spot on your skin without much hair, like the palm of your hand or the inside of your arm. Spread it out evenly in a very thin layer and wait for the glue to dry. **Tip:** To get the glue to dry faster, blow on it with your mouth or use a hair dryer (Make sure you use the cool setting).

**Step 2:** When the glue is dry, carefully peel the layer of dried glue, in one piece, from your hand (or arm) and set it aside on a clean, dry work surface. **Tip:** To peel the dried glue off in one piece, try working around the edges of it with your fingernail first or you can pulling up one corner with a pair of tweezers. There’s your fake skin! Let’s make some observations! How is the dried glue different from the wet glue?

**Step 3:** Repeat as many times as needed to create as much fake skin as you want.

**PART 2: MAKING BURNED SKIN**

**Step 1:** Pour 2 teaspoons of gelatin into a cup and add 1 tablespoon of hot tap water. **(Note:** You might want to ask an adult to help with the hot water.) Use the stir stick to mix well until the gelatin is gooey.

**Step 2:** Add 2-3 drops of vegetable oil to the gelatin mixture to keep it from getting hard. Keep stirring until the mixture is cool enough to put on your real skin.
WARNING: Be sure the gelatin is cool enough to touch before applying to your skin. Hot gelatin can cause very bad burns.

**Step 3:** Use your stir stick to put a glob of the cooled gelatin mixture onto the area of your skin where you want to make your fake burn. Spread the mixture around with your stir stick.

**Step 4:** Put some pieces of your fake skin on top of the gelatin. The gelatin will help the fake skin stick to your real skin. Make sure some of the fake skin is loose and sticking up—this will make it look like disgusting bubbling and peeling skin!

**Step 5:** Use the clean end of your stir stick to add a tiny bit of fake or dried blood to some parts of the gelatin mixture. This will make your burn look nasty. Make sure to leave some areas without coloring so the gelatin blends into your skin color and has a shiny burned look.

To scare your friends and family, tell them that you burned yourself and show them your disgusting burns!

**GORY SCIENCE!**

Boy, your skin has it rough! There are lots of way to injure it—add burns to the list that also includes cuts and blisters. Burns are caused by chemicals (like acids), light and heat, among other things. Heat can be generated by something as massive as a fire or something as simple as spilling a really hot drink on yourself. Watch out for steam too!

Burns are ranked according to how much damage they cause. What kind of burn did you make?

**First-degree burns:** These are the least harmful. They affect the top layer of skin and usually cause redness and minor pain.

**Second-degree burns:** These go deeper into the skin, take longer to heal and show blistering.

**Third-degree burns:** These cause you to lose the top layer of your skin. They damage deeper tissue, show charring, damage nerves and usually turn into scars.

**Fourth-degree burns:** These are the most serious. They are the deepest burns, going all the way down to muscle, tendon and sometimes even bone.

For a simple first-degree burn, you should cool the wound, usually with cold water. Do NOT put ice on a burn. For more serious burns, you should see a doctor.

**FUN FACT:**
Most sunburns can be considered first-degree burns. Use sunscreen!