

IDEAL

Yuck-O
INDUSTRIES

8+

MAKE YOUR OWN
**BODY
GROSS
OUTS**



ACTIVITY GUIDE

⚠ WARNING:

This set contains chemicals that may be harmful if misused. Read cautions on individual containers carefully. Not to be used by children except under adult supervision.

⚠ WARNING:

CHOKING HAZARD - Children under 8 years old can choke or suffocate on uninflated or broken balloons. Adult supervision required. Keep uninflated balloons from children. Discard broken balloons at once.

POOF-Slinky
®

Let the Grossness Begin!

Welcome to your Body Gross Outs kit and some awesomely gross fun! With this kit, you will grow your own germs and fuzzy mold. You will mix up a batch of icky, sticky fake blood, make a stinky intestine, and do some other truly NASTY projects. How cool is that?

WARNING:

- **Adult supervision is required for all activities. Carefully read through all the instructions with your adult assistant before doing each activity. Discuss any safety concerns you may have.**

- **Keep all chemicals out of reach of small children and pets. Reseal each ingredient packet when you're finished with it.**

- **Some of the activities require a stove or microwave to boil water. Adult supervision is required for these activities.**

Clean your utensils and wash your hands with soap and warm water before and after doing the activities in this kit. Do not touch or rub your eyes.

- **Red and green coloring can stain. Be careful of getting it on clothes, furniture or carpet. Use soapy water to clean off fake blood as soon as you're finished with it. Clean floors and surfaces immediately if you accidentally spill it.**

- **Do not touch, taste, or eat anything you grow with this kit. If you do touch something nasty, wash your hands with warm water and antibacterial soap. Be sure to thoroughly clean the dishes with hot water and antibacterial soap before reusing them.**

- **Have fun, but stay safe!**

What's included in your kit:



Gelatin, 2 oz/56 g • Sugar, 1 oz/28 g • Baking yeast 0.25 oz/7 g • Green coloring 0.2 fl oz/5.9 ml • Red coloring 0.2 fl oz/5.9 ml • 4 Small dishes • 4 Cotton swabs • Hand-held magnifier • Plastic zipper lock bag • Rubber balloon

Other things you'll need to get:



Small saucerpan or microwave safe bowl • Measuring spoons (1/2 tablespoon, 1 tablespoon, 1 teaspoon) • Measuring cup • Mixing spoons and bowls • Clear cup or glass • Plate • Scissors • Clear tape • Pen or marker • Water • Vinegar • Cooking oil or vegetable oil • Antibacterial soap • Rubbing alcohol (optional) • Microwave or stovetop • Multivitamin tablets • Antibacterial cream (optional) • Slice of bread (whole wheat) • Plastic wrap (optional) • Waxed paper (optional) • Paper towel • 4 Cotton swabs



Activity #1: Growing Funky Creatures

What lurks under your arms, between your stinky toe, and in your runny nose? Find out what funky looking creatures grow on your body and in the environment around you.

What you need from your kit:

Gelatin • Sugar • 4 dishes • 4 cotton swabs • Hand-held magnifier

Other things you need:

Small saucepan or microwave safe bowl • Measuring spoon (1/2 tablespoon) • Measuring cup • Clear tape • Pen or marker • Mixing spoon • Antibacterial soap • Water • Rubbing alcohol (optional)

What you do:

Make the Goopy Gelatin Mixture

1. Bring 1/2 cup of water to a boil in a small saucepan.
2. While stirring, gradually add 1/2 tablespoon of gelatin. Continue stirring until it dissolves. Carefully remove it from the stovetop.
3. Add 1/2 tablespoon of sugar and stir until it dissolves. Let the mixture cool for about ten minutes.

If You Want to do it in the Microwave instead:

1. Add 1/2 cup of water to a microwave safe bowl. Heat the water to boiling in a microwave oven. **Carefully**, remove it from the microwave.
2. Gradually stir in 1/2 tablespoon of gelatin. If all the gelatin doesn't dissolve, reheat it in the microwave and stir until it dissolves.
3. Add 1/2 tablespoon of sugar and stir until it dissolves. Let the mixture cool for about ten minutes.

Prepare the Dishes

1. Take the lids (the shallower top halves) off the 4 dishes.
2. Carefully pour the cooled mixture into the bottom of each dish. Divide the liquid equally between the four dishes.
3. Put the lids back on and let them gel for at least 2 hours.
4. Once the gelatin is solid, wipe off any moisture from the lids with a dry paper towel. Now you're ready to collect some funky bacteria samples!

Collect Nasty Samples

1. Take off a shoe and sock. Eewh! Plug your nose!
2. Rub a cotton swab between your toes.
3. Now lightly rub the swab across the surface of the gelatin in one of your dishes. Make a zig zag pattern and rotate the tip of the swab as you rub, so that all the creatures on it have a chance to rub off onto the mixture. Don't reuse the cotton swab. Throw it away.

4. Finally, securely tape the lid on the dish and label it “toes.”
5. Now go and collect 3 more samples from your body or the environment around you. Add one sample to each dish and tape the lid to each dish. Don't forget to label each dish as well.

Nasty Sample Ideas:

Inside your nose, inside your mouth, inside your ears, under your arms, the bottom of your shoe, near the bathroom sink drain, on the bathroom door-knob, dirt, and air (leave the dish uncovered for a half hour to collect airborne bacteria and mold).

Let 'em Grow!

1. Make sure all your dishes are taped shut and labeled. Put them in a dark place to grow where they won't be disturbed.
2. Check on them each day to see how they've grown. Use your magnifier to look closely. (Or don't, if it's too gross for you!) You might see things like gray speckles, green fuzzy stuff and cream-colored circles. Did that come off you? Excellent!

Clean Up

After 14 days (or sooner if it's just too gross), wipe out the dishes with a tissue and get rid of the nasty stuff you've grown. You can dispose of it in a lined trash-can or the toilet. Wash the dishes with hot water and antibacterial soap. Or you can sanitize the dishes with rubbing alcohol. (Make sure an adult does this.) If you get any of that gross stuff from the dishes on your hands, wash them with warm water and antibacterial soap.



Activity #2: Super-Power Bacteria

You've still got some gelatin and sugar left. So, have some more yucky fun! But this time, you'll give your nasty bacteria and fungus some super growing power!

What you need from your kit:

Gelatin • Sugar • 4 dishes • Hand-held magnifier

Other things you need:

Small saucepan or microwave safe bowl • Mixing bowl • Measuring spoon (1/2 tablespoon) and cup • Clear tape • Pen or marker • Mixing spoon • 4 cotton swabs • Paper towel • 2 Multivitamin tablets • Antibacterial soap • Antibacterial cream (optional) • Water • Rubbing alcohol (optional) • Paper towel

What you do:

Prepare the Dishes

1. Prepare the gooey gelatin mixture the same way you did in Activity 1.
2. Crush two multivitamin tablets into a powder. Add the powder to the bowl and stir it in. (It may not all dissolve, but try anyway.)
3. Pour the mixture into the 4 dishes. Put the lids on and let them gel for at least two hours.
4. Once the gelatin is solid, wipe off any moisture from the inside of the lids with a clean paper towel.

Collect More Nasty Samples

1. Pick your favorite sample, maybe between your toes, or in your nose. Or choose something new you haven't tried yet.
2. Rub a cotton swab over your sample. Then lightly rub the swab over a dish with the gooey mixture. Throw the cotton swab away.
3. Do the same thing with 3 more nasty samples in the remaining dishes.
4. Tape the lids closed and label each one. Be sure to write the name of the sample.

Let 'em Grow!

1. Put the four dishes in a dark place to grow where they won't be disturbed.
2. Check them each day. The vitamins you put in the gooey gelatin give your samples super growing power! They grow faster, fuzzier, and funkier than ever!

Clean Up

Be sure to clean out the dishes after two weeks of growing. You'll want to use them for more gross experiments. See the cleaning instructions from Activity 1.



Activity #3: What Goes In Must Come Out

Make your own working stomach and intestine. Fill it with food. It will be slimy and mushy and totally cool!

What you need from your kit:

Rubber balloon

Other things you need:

Slice of bread (preferably whole wheat) • Vinegar • Cooking oil or vegetable oil • Plate

What you do:

The Stomach

1. Pretend the balloon is a stomach. Blow up the balloon and let the air out. It will be better if the “stomach” is stretched out a little.
2. Pour a little cooking oil into the “stomach” and rub it around to coat the inside. Pour out any extra oil.
3. Take some bread from the center of the slice and break it into small pieces. This is the “food.” Stuff the small pieces into the “stomach.”
4. Add a few drops of vinegar into the balloon. Vinegar stinks. Ewww. Perfect!
5. With one hand, pinch the neck of the balloon closed and with the other hand squish the balloon to mix up the food. If it’s too dry and not squishy enough, add some more vinegar. Mix it all up until it feels soft and yucky. Eewww Gross!

The Intestine

1. Now the balloon is an intestine full of chewed up, mixed up food. Lck! Grab a plate and squeeze the end of the “intestine”.
2. Keep squeezing. As you do this, the stuff inside will ooze out of the opening and onto the plate. Now that’s super cool nasty!



Activity #4: Sickening Slimy Snot

Make some sickening slimy snot that looks so real, you just might want to barf.

What you need from your kit:

Gelatin • Green coloring

Other things you need:

Small microwavable bowl • Measuring spoon (1 tablespoon) • Water

What you do:

Make Snot

1. Measure 1 tablespoon of water into the bowl and microwave for 15 seconds. [TIP: If you like your snot super wet and slimy, add a little more water. If you like more chunky snot, add a little less.]
2. **Carefully**, remove from the microwave.
3. Add 1 drop of green coloring to the water and stir to mix in.
4. While stirring, gradually add 1 tablespoon of gelatin.

Eeww Gross!

It turns into sickening slimy snot! Poke at it with your spoon and gross out your friends! Or, make them sick with a fake sneeze and lots of snot. Ugh. Hilarious!



Activity #5: Blood and Guts

Have you ever watched how blood oozes from a cut, dries up and forms a scab? Make fake blood and fake scabs. Creepy, and yet, so cool!

What you need from your kit:

Gelatin • Red coloring

Other things you need:

Small saucepan or microwave safe bowl • Measuring spoon (1/2 tablespoon)
• Measuring cup • Mixing bowls and spoons • Clear cup or glass • Scissors •
Plate • Waxed paper (optional)

What you do:

Sticky gunky Blood

1. Bring 1/2 cup of water to a boil in a small saucepan.
2. While stirring, add 1/2 tablespoon of gelatin. Continue stirring until it dissolves. Remove the saucepan from the heat and let it cool for about 10 minutes.

If You Want to do it in the Microwave Instead:

1. Add 1/2 cup of water to a microwave safe bowl. Heat the water to boiling in a microwave oven. **Carefully** remove it from the microwave.
2. While stirring, gradually add 1/2 tablespoon of gelatin. If it doesn't all dissolve, reheat it in the microwave and stir until it dissolves. Let it cool for about 10 minutes.
3. Snip off the corner of the coloring packet with scissors. Squeeze one drop of it into the gelatin solution and stir it in. Be careful, the coloring is very strong.
4. If it's not bloody enough for you, add more drops of coloring until it looks real.
5. Pour the fake blood into a clear cup or glass. Watch how it changes over the course of the next hour or two. It will get thicker and thicker until it finally clots into a solid, jiggly mass of blood. Eewh gross!
6. Save your blood for the next activity.

Bloody Scab

1. Scoop out a gob of your blood (from the previous activity) and put in on a plate or piece of waxed paper.
2. Let it sit for a few days to dry out. Watch how it hardens into a nasty, crusty scab.



Activity #6: Getting Gassy

Loud or squeaky, farts are funny and funky!

What you need from your kit:

Plastic zipper lock bag • Baking yeast • Sugar

Other things you need:

Warm water, a little warmer than body temperature (100-110° F) • Bread
• Measuring spoons (1 teaspoon, 1 tablespoon) • Large bowl with a lid or plastic wrap • Scissors • Tape

What you do:

1. Cut the yeast packet open and put half the yeast into the plastic bag. Reseal the packet with tape and store it in the refrigerator.
2. Add 1 teaspoon of sugar to the bag.
3. Add 4 tablespoons of warm water to the bag. Close the bag and slosh it around to mix in the yeast and sugar.
4. Tear off some bread, break it into small pieces and add 4 tablespoons of it to the bag.
5. Get most of the air out of the bag and seal it shut. Slosh it around to mix in the bread. Put the bag in the bowl.
6. Fill the bowl about half way with the warm water and put a lid on it or cover with plastic wrap.
7. Watch what happens over the next hour or two. The bag inflates. The yeast is passing gas! Look closely and you may be able to see bubbles rising to the surface.

Can you make the bag fart? Phew!

©2013 POOF®-Slinky®, Inc.

P.O. Box 701394

Plymouth, MI 48170-0964

www.poof-slinky.com

Made in China/Fabriqué en Chine

