MAKE YOUR OWN
SCARS
AND
SCABS

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.

ACTIVITY GUIDE
Let the Awesomely Gross Fun Begin!

Welcome to your Scars and Scabs Kit! With your kit, you’ll create the most funky and frightening scars and scabs. You’ll make cool fake blood, oozing blisters, scabby cuts, and more totally gross stuff. You will have a blast creating scary injuries on yourself and your friends!

Become the creepiest zombie, monster, vampire or weird alien. Or just have fun fooling everybody. You’ll look like you’ve been in bloody battles and bruising fights. But it’s all fake and made by you!

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. Re-seal each ingredient packet when you’re finished with it.
- 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:
Red coloring, 0.2 fl. oz (5.9 ml) • Green coloring, 0.2 fl. oz (5.9 ml) • Measuring scoop (1/8 tsp) • 2 Stir sticks • Petroleum Jelly, 3 oz (85 g) • Corn starch, 2 oz (56 g) • Corn syrup, 4 fl. oz (118 ml) • Glue, 1.25 fl. oz (37 ml) • Gelatin, 0.5 oz (14 g) • 3 Cups • 4 water based markers

Other things you’ll need to get:
Measuring spoon (1 tablespoon) • 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 • 1/4 Measuring cup • Scissors (optional) • Tweezers (optional) • Plastic wrap (optional) • Hair dryer (optional)
Activity #1: A Bloody Mess

To look really scary, you need blood! Not the real thing, of course, but some great fake blood. It's red, sticky, and totally yucky. And you might just scare someone with it!

What you need from your kit:

- Corn syrup
- Cup
- Red coloring
- Stir stick
- Green coloring
- Measuring scoop
- Cornstarch

Other things you need:

- Paper towels
- Water
- Cocoa powder
- 1/4 Measuring cup

What you do:

1. Blood, even fake blood, can get messy. So put a paper towel over your work space.
2. Blood. Thick and sticky. Yeah! Pour 1/3 of the corn syrup (or about 1/4 cup) into the plastic cup.
3. Make the blood red and real looking. Add 3-4 drops of red coloring to the corn syrup and use your stir stick to mix until you don’t see any streaks.
4. To make your fake blood really dark and creepy, add ONE drop of green food coloring to the corn syrup mixture and stir until it is totally mixed in.
5. To make your fake blood even more like the real thing, use your measuring scoop to add 2 scoops of cornstarch to your bloody mixture. Stir until the cornstarch is all mixed in. Oh yeah, looking gross!
6. Measure 1 scoop of cocoa powder and add it to the blood. Stir until completely mixed in. Now, it is getting gloppy and really gross!
7. You are ready to 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. Hahaha, watch for the shock on their faces!
8. You can change the way your fake blood looks, it’s up to you. Add another drop of red coloring if you want it to be bloodier. Add a drop of green if you want it to be darker. Add a sprinkle more of cornstarch to make it thicker. Or add a bit more cocoa powder to make it super nasty!

Note: Save the rest of your fake blood for later. Use soap and water to wash off your blood before the next activity.
Activity #2: All Dried Up

Bright red, drippy blood is great for fresh wounds, but if you want something to look crusty and extra gross, dried blood is perfect! Dried blood is great for turning yourself into a zombie. Oh yes. Dried blood. Blech!

What you need from your kit:
- Glue
- Cup
- Red coloring
- Green coloring
- Stir stick

Other things you need:
- Paper towels
- Cocoa powder (optional)
- Plastic wrap (optional)
- 1/4 measuring cup

What you do:
1. Get your work space ready. Put out a paper towel and set a cup on it. Pour 1/4 cup of glue into the cup.
2. To make the blood really red and really dark, add 10-15 drops of red coloring to the glue. Also add ONE drop of green coloring. Use your stir stick to mix until the blood is all one color.
3. Use your stick to rub some of the blood onto a paper towel or your skin. You can sprinkle a little cocoa powder on it to make your scab look extra crusty! Let it dry and you will have the sickest scab ever!

Note: Cover the cup of blood with plastic wrap to save it for more fun later. Use soap and water to wash off your scab before you make the next fun thing.

Activity #3: Oozey Blisters

When you make yourself and your friends into zombies, monsters, or aliens, you really need oozey blisters. Blisters can be caused by the rubbing of chains around your ankles or wrists, or just by being a creepy, ugly alien creature. Awesome!

What you need from your kit:
- Stir stick
- Petroleum jelly
- Red coloring
**Other things you need:**

White toilet paper (optional) • Scissors • Paper towels

**What you do:**

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.
2. Form the petroleum jelly into the shape of a bubble.
3. Cut or tear a piece of toilet paper into the same shape and size as the glob of petroleum jelly.
4. Put the piece of toilet paper on top of your glob of the petroleum jelly.
5. Gently smear some more petroleum jelly on top of the toilet paper. There’s your icky 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.

**Extra Gross!**

Sometimes blood gets into blisters. Try making a bloody blister! Choose an area of your skin for the blister and rub it with some red coloring. Then make a blister over the red spot, just like you did in activity #3. See the “blood” through your blister? Super gross!

**Activity #4: Scary Scars**

When wounds are really bad, they leave nasty scars. Make yourself a really bad cut or gash in your skin and a creepy scar. Way cool.

**What you need from your kit:**

Red coloring • Stir stick • Petroleum jelly • Fake and dried blood (that you already made)

**Other things you need:**

Water • White toilet paper (single ply) • Scissors (optional) • Cocoa powder • White construction paper • Clear tape • Thick black thread • Paper towels
What you do:
1. Use your finger to dab a tiny amount of red coloring onto your skin wherever you want to make a fake cut. Smear the coloring so that the area has jagged edges. If the color is too dark, add a dab of water and smear it around to lighten the color.
2. Use your stir stick to put a glob of petroleum jelly on top of the red wound area.
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.
4. Use your stir stick to make a dent down the middle of the wound, between the two pieces of toilet paper. This will look like the place where the skin is cut. Smooth down the edges of the toilet paper to blend in with your skin.
5. Sprinkle cocoa powder around the edges of the wound to make it really crusty looking.
6. Drip some fake blood down the center of your wound to make it look like a fresh wound. Are your friends and family totally grossed out by your cut?

Extra Gross!
Some cuts are so deep, they go all the way down to the bone. Eewww! 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 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. 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 you make your next cool thing.

Activity #5: Take A Stab At It
How do you kill a vampire? You plunge a stake into his heart. Vampires have always been popular characters in movies, on TV and in books. In the end of the story, the vampire always gets stabbed. That kind of stabbing is easy to fake.
What you need from your kit:

Red coloring • Stir stick • Petroleum jelly • Fake and dried blood (that you already made)

Other things you need:

Crayon or other safe, long skinny object • A small piece of paper that matches your skin color • Scissors (optional) • White toilet paper (single ply) • Cocoa powder • Clear tape • Paper towels (for cleaning up)

What you do:

1. Use your finger to dab red coloring on your skin, wherever you want to stab yourself. Smear the coloring so that the area has jagged edges.
2. Use your stir stick to put a glob of petroleum jelly on top of the red area.
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.
4. Find a piece of paper the same color as your skin. **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 crayon, leaving both ends of the crayon uncovered. Gently smear some more petroleum jelly on top of this strip of paper.
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.
6. Rip off any dry edges of toilet paper.
7. Pat down the edges to give your wound a shape and blend into your skin.
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 stabbed! 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.

Extra Gross!

There’s more than one way to stab yourself! Tape one end of the crayon 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

To make your bloody injuries a little more sickening, you can add some bruising around them. Or just give yourself one big, colorful bruise! Here’s how to make bruises look real, without actually getting hit.

What you need from your kit:

4 water based markers • Red coloring • Stir Stick

Caution: While the markers are washable, it can take a couple of washes to completely remove color from skin. It might even take a day or two.

What you do:
1. Choose a spot on your skin where you want a bruise. Dot the area with the red coloring. Before the marks dry, use stir stick to smear the color around the area until it turns light red.
2. Add some black and blue to the middle of the bruise to make it darker. Smear and blend these colors before they dry. Tip: Don’t overdo it on the color or your bruise will get too dark. You can always add more color later.
3. Put some green at the edges of your bruise. Smear the color outward and try to blend it in with the skin outside the bruise. Eewww, it is getting nastier!
4. Repeat Step 3 with the yellow marker.
5. There’s your bruise! So cool! 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.

Activity #7: Gross Skin

Burns are another fake injury that you can create on yourself or on your friends. If you are going to be a zombie, you need some burns. Burns can be dangerous injuries, better to create fake ones!

What you need from your kit:

Glue • Measuring scoop • Gelatin • Cup • Stir stick • Fake and dried blood (that you already made)

Other things you need:

Tweezers (optional) • Water • Vegetable oil • Measuring spoons • Hair dryer (optional)
What you do:

PART 1: Making Fake Skin
1. Squeeze some glue, about the size of a dime, onto a spot on your skin that doesn’t have much hair. Try the palm of your hand or the inside of your arm. Spread the glue out evenly in a very thin layer and wait for it 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 so you don’t get a real burn!).
2. When the glue is dry, carefully peel the layer of dried glue, in one piece, from your skin and set it aside on a clean, dry 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 try pulling up one corner with a pair of tweezers. There’s your fake skin!
3. Create as much fake skin as you want.

PART 2: Making Burned Skin
1. Pour 2 teaspoons of gelatin into a cup and add 1 tablespoon of hot tap water. **Note:** Ask an adult to help with the hot water. Use the stir stick to mix until the gelatin is gooey.
2. Add 2-3 drops of vegetable oil to the gelatin 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 real burns.
3. Use your stir stick to put a glob of the cooled gelatin mixture onto your skin where you want to make your fake burn. Spread the mixture around with your stir stick.
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 yucky, bubbling, and peeling skin! Pretty neat!
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. This will make your burn look extra 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 awesome burns!