

Make Your Own Bath Bomb Activity

This activity can be done anywhere with tables and preferable close to sinks. Bath bombs are really finicky so don't worry if it doesn't turn out properly, that would be a good opportunity to reflect on what might have gone wrong and discuss how failure is okay and you can always try again.



What Materials You'll Need

- Glass bowl
- Whisk
- Paper towels
- 1 C. baking soda
- ¼ C. cream of tartar
- ½ C. cornstarch
- ½ C. Epsom salt
- 2 ½ Tbsp. coconut oil
- 2 tsp. essential oils
- 1-2 drops food coloring (optional)
- Silicone mold
- 1 Tbsp. water (as needed)
- Measuring cup
- Measuring Spoons
- Table cloth

Activity Time

30 minutes to make, completed bath bombs need to sit overnight to harden

Instructions

1. In a glass bowl, (avoid using plastic, which can negatively interfere with the wet ingredients) combine baking soda, cream of tartar, cornstarch, and Epsom salt. Mix together with the whisk to combine thoroughly.
2. In a smaller separate bowl, combine the coconut oil, food coloring, and essential oils. Whisk them all together. You might notice after mixing that the food coloring isn't completely blended into the oils, if that's the case, don't worry just do your best.
3. Drizzle the wet ingredients into the dry ingredients slowly while mixing constantly. You don't want to dump the wet ingredients in too quickly, as that could start the fizzy chemical reaction. Mix thoroughly until there are no big lumps and the mixture is similar to damp sand. If you grab it with your hand and squeeze the mix should hold its shape.
4. To paint, simply take the plant of your choice and swipe it across the paper, making any design you want
5. You can use another type of mold but silicone is the easiest option. Not only are the bath bombs easier to remove once they're more stable and dried out, but you can make multiple at the same time. When you're working with these molds, you're going to want to press them firmly

into the mold. Really push down hard so you're packing the bath bomb mixture into each mold—this will help keep them together.

6. Pop the mold into the fridge for a few hours to help set them. Use this time to go over the reflection questions with your youth.
7. Once they seem pretty dried out and solid, remove the bath bombs from the mold and let them sit overnight to finish drying out.



Reflection Questions

- Did this process have a chemical reaction? What was it?
- Why is it important to measure out the ingredients precisely?
- Why do you think the activity specified a glass bowl rather than plastic? Does it say?
- Did you enjoy this activity?



Camp Fire

Light the fire within