

# Lava Lamp

As we think about Ascension Day, why not try making your own lava lamp?

[Courtesy of Flame Creative Kids Blog](#)

## What you need:

- ◆ A plastic bottle or glass jar
- ◆ Water
- ◆ Vegetable oil
- ◆ Food colouring
- ◆ Alka Seltzer tablets

## How to:

Fill a bottle or jar halfway with water and mix in some food colouring.

Now fill the rest of the bottle with oil, leaving a small space at the top.

The oil will separate from the water into a separate layer.

Drop an Alka Seltzer tablet (or try a quarter or half at a time if they are large tablets) into the bottle and watch as bubbles of coloured water start to ascend into the oil layer in the style of a mini lava lamp!

## Talk:

Watch the bubbles rising and think about the sight of Jesus ascending and what that might have meant for the disciples. What might they have been thinking/feeling? What does it feel like to wait for something, as the disciples had been told to go and wait for the Holy Spirit to come?

## Pray:

Think about situations where you or people you know are waiting for something to happen. As you drop the tablet into the liquid and see the bubbles ascending, pray that God will take the worries and stresses of waiting away and that they will feel God's presence with them as they wait.

