

Magic Potions

What do you need?

- A small plastic water bottle
- A bowl or jug
- Food colouring (fruit squash will do the trick if you don't have any!)
- A big spoon
- Glitter, sequins or shiny confetti (If you don't have these then you can cut up some tiny bits of tin foil or takeaway trays or even just use rice.)
- A torch or phone with a torch

How to do it

Depending on the age of your child they can do many of these things themselves but help them where needed. Remember to chat to your child throughout.

1) Pour enough water to fill the bottle into the bowl or jug. Let your child pour the water but be prepared to get wet!

2) Mix in some food colouring or fruit cordial. Put in just enough to colour the water slightly. You may need to help your child at this point so they don't pour in the whole bottle! Just a few drops is fine. Remember food colouring and fruit cordial can stain carpets or furniture so either do this over a sink or bath or put down something to protect your carpet.

3) Mix in sparkly things or even a little rice and help your child to stir the potion. Talk to the child about the colours.

4) Now the tricky bit – pour the sparkly liquid back into the bottle and put the lid on tightly. Do this over a sink or bath as you will probably spill some, especially if your child is holding the jug!

5) Let your child shake the mixture – why not put on some music and help your child to dance around shaking the mixture. For very young children they can roll the bottle (that's why the lid needs to be on tight!) and will probably just stare at the moving bits. Use words like “swirling” and “twirling.”



6) Now the clever bit – get a torch (or your phone torch) and shine it up through the bottom of the potion. The potion will light up and the glittery bits will sparkle (it is especially nice if you shake the potion first so the sparkly bits are swirling around) Now it looks properly magical!

7) Talk about the glowing magic potion and how pretty it looks with your child.

Note – modern torches can be very bright which does make for a lovely “magical” potion but remember bright lights can damage your child’s eyesight so never shine the light at the child or leave them alone with a bright torch.

Making it more fun.

Tell the child a little story about a magic potion and maybe say some magic words. These don’t have to be real words as nonsense words are actually really good for helping children build their language. Why not try “*lbble Obble Bibble Bobble*”. See if your child can make some noises or words for the potion.

Find a way to make the potion stand upright whilst lit (we use a cardboard box for our torch or just put our phones underneath.) Set the potion swirling and use it as a disco light for dancing with your child.

There is a torch hidden inside this cardboard box which makes it look really magical!

