

JESUS HELPS ME WITH... JEALOUSY

Green with Envy Science Experiment

In this science experiment, kids will see different outcomes based on how we manage our jealous thoughts. We can either choose to embrace the jealousy with feelings of resentment, anger, or frustration **OR** we can exchange the jealous thoughts for thankfulness, joy, and love toward others.

The experiment will visually demonstrate how our thoughts (represented by the blue cabbage water) can be transformed by our emotions (represented by the ammonia and the vinegar). As the ammonia or the vinegar are added to the cabbage water, watch how the change occurs!



Caution: Adult Supervision Required!
(Never mix chemicals without adult supervision)

Step by Step:

1. Place one cabbage leaf in 3 cups of water
2. Mince the cabbage in water using the blender (or boil the cabbage until the colour seeps out)
3. Drain the water through the strainer and into two separate glasses
4. Add ammonia to the first glass (watch it change colour!)
5. Add vinegar to the second glass (watch it change colour too!)

Optional: Try the experiment again but with more or less of these ingredients, see how many colour variations you can create!



Supplies Needed:

- 3 Cups of Water
- 1 Red Cabbage
- 1 Cup Vinegar
- 1 Cup Ammonia (check household cleaners, especially glass, floor, and other multi-surface cleaners)
- Strainer
- Blender
- Glasses