

Get Moving Supply List

1 cup water
1 marble
1 T baking soda
4 T vegetable oil
1/2 c distilled water
1/2 cup sugar
1/4 c salt
2 or 3 healthy house plants
3 T cream of tartar or 9 T lemon juice
2 ziploc bags
[4 AA battery pack](#)
5 cans of playdough (can use less but more is recommended)
5 clean empty jars with lids, all same size
5 oz. paper cups
4 AA batteries
3 cup flour (may use less)
cookie sheet
copy of drafts audit
copy of Insulator Audit
copy of Kinetic & Potential Energy handout
copy of sample energy pledges
dry and liquid measuring cups for amounts listed above
duct tape or any kind of tape
food coloring
hot water
knife
[LED Light Diodes](#)
markers
paper (any kind is fine)
paper bags (sizing may vary, make sure it is big enough to cover plants)
pencils
plastic wrap
popsicle sticks
reused plastic bottle (any size is fine)
rulers
saucepan
scissors
Small piece of cotton cloth

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Small piece of wool cloth
spatula
tape
thermometer
Two glasses filled with water
Variety of insulating materials: wool socks, cotton T-shirts, paper, cardboard, or similar items
vegetable oil (enough to fill half of bottle of choice)
vinegar (1/4 c, possibly more with larger bottle)

* Please do not invest a lot of money in the plants. The girls will be learning about light energy and the plants most likely will not survive. A dandelion with root system with some dirt in a paper cup will work for this if the plants are healthy when we begin.

Supplies by Session

Day 1- Energy Demos & Plant Experiment

copy of Kinetic & Potential Energy handout
copy of sample energy pledges
1 marble
5 cans of playdough (can use less but more is recommended)
cookie sheet
5 oz. paper cups
scissors
duct tape or any kind of tape
popsicle sticks
2 or 3 healthy house plants
paper bags (sizing may vary, make sure it is big enough to cover plants)
paper (any kind is fine)
markers
pencils
tape
scissors

Day 2- Lava Lamp, Conduction/Insulation

For lava lamp:
reused plastic bottle (any size is fine)
vinegar (1/4 c, possibly more with larger bottle)
vegetable oil (enough to fill half of bottle of choice)
1 T baking soda

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food coloring

2 Ziploc sandwich bags to store dough

To make conductive dough:

about 1 1/2 cup flour (may use less)

1 cup water

1/4 c salt

3 T cream of tartar or 9 T lemon juice

food coloring

1 T vegetable oil

spatula

knife

saucepan

dry and liquid measuring cups for amounts listed above

cookie sheet (will use same one for insulating dough too)

To make insulating dough:

about 1 1/2 cup flour (may use less)

1/2 cup sugar

3 T vegetable oil

1/2 c distilled water

previously used houseplants- will be checking on them

Bundle Up for Comfort Experiment:

5 clean empty jars with lids, all same size

hot water

thermometer

Variety of insulating materials: wool socks, cotton T-shirts, paper, cardboard, or similar items

copy of Insulator Audit

Two glasses filled with water

Small piece of cotton cloth

Small piece of wool cloth

paper (any kind is fine)

markers

pencils

tape

scissors

Day 3- Drafts/Squishy Circuits

Checking for Drafts

rulers

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plastic wrap
copy of drafts audit

Squishy Circuits

4 AA battery pack
AA batteries
led light diodes
previously made conductive dough or playdough
previously made insulating dough or modeling clay

Communication Maze

copy of communication maze

Energy Audit

copy of big questions
copy of advocate for change
copy of communicate with style
copy of letter writing do's and don'ts
*paper (any kind is fine)
*markers
*pencils
*tape
*scissors
same plants as before