

Make  
your own

# Slime



A build-up of slimy mucus in the lungs is a serious problem for people with cystic fibrosis. If we don't clear the mucus out, it can allow bugs to grow and cause serious damage.

The Telethon Kids Institute has more than 60 doctors and researchers working to figure out ways to prevent cystic fibrosis and improve the outcomes for kids who already have it.

Make some goey slime and investigate how scientists are trying to stop slime from damaging kids' lungs.



## To make your own slime you will need:

- 1 cup of water (250ml)
- Food colouring (yellow and green if you want it to look like slimy mucus)
- 1 tablespoon of psyllium husk
- Sandwich bags
- A microwave-proof bowl
- 1 spoon for mixing
- A microwave (adult supervision required)



## Method:



1. Mix a drop of yellow and green food colouring into the 1 cup of water (the more green you add the darker the slime will be).
2. Stir the food colouring together and set this mixture aside.



3. Pour 1 tablespoon of psyllium husk into a microwave-proof bowl.



4. Add the food coloured water into the psyllium husk and stir until combined.



6. Take the bowl out of the microwave (make sure you get an adult to do this as the bowl will be hot) and stir away. You will notice your slime getting thicker.



7. Place the bowl back into the microwave for another 30 seconds to 1 minute. Make sure you keep an eye on the slime as it will start to grow, and you don't want it to overflow from the bowl!

8. Remove the bowl from the microwave (make sure you get an adult to do this as the bowl will be hot) and your slime should be nice and thick.

9. Leave the mixture to cool for at least 5 minutes or until the slime is cool to touch.

10. Place the slime in a sandwich bag and have some fun squishing and stretching it!



See how difficult it is to pull the slime away from the bag? This shows how hard it is to remove the slimy mucus from the lungs of people with cystic fibrosis!

**Note for parents:** The food colouring in the slime can transfer onto hands, clothing and surfaces so be sure to place it in a sandwich bag before allowing your kids to play with it to avoid this from happening!

**THINK?** What other illnesses could cause slimy mucus to build up in the lungs?

A: Correct answers could include influenza, asthma and more...