Learning Objectives: Learn about exothermic reactions (that release energy) and endothermic reactions (that absorb energy).

SNEAK PEAK inside …

ACTIVITY
Mixing water with different white powders in plastic sandwich bags makes them hot and cold.

STUDENT SUPPLIES
see next page for more supplies
Epsom salts
laundry detergent
sealing plastic bags
pop-top squeeze bottles, etc....

ADVANCE PREPARATION
see next page for more details
Fill cups with powders
Fill bottles with water, etc....

OPTIONAL EXTRAS

DEMONSTRATION
Hot and Cold Packs (p. A - 52)

EXTENSIONS
Test Other Powders (p. A - 57)
Measure Temperature Change (p. A - 57)
Vary Powder Amounts (p. A - 58)

Advance Preparation Set Up Activity Clean Up
10 minutes 10 minutes 20 minutes 10 minutes