**Crafting Crystals**

**Materials**
- Epsom Salt
- Hot Water
- Food Coloring
- Cup (try a halved plastic water bottle!)

1. Add 1/2 cup of Epsom salt to your cup and then 1/2 cup of hot water. The hotter the water the better. You can get hot water from the sink or boil the water, either in the microwave or on the stovetop. With adult supervision, of course!

2. Stir the salt and water for at least a minute. This will create a saturated solution, which means that the salt will no longer be able to dissolve in the solution.

3. Add a couple of drops of food coloring to your crystals.

4. Put your solution in the fridge overnight and wake up to a cup full of crystals!

5. Pour out the excess solution and check out your crystals. What does it look like? What do you think would happen if you had used cold or room temperature water?