Wrap the plastic wrap over the mixing bowl. Make sure it is tightly wrapped, then secure it with a rubber band.

Place the sugar crystals in the middle of the plastic wrap.

Have your child get close to the crystals and make a loud noise, yell or roar, whatever they want! Observe what happens to the sugar crystals when the child makes a loud noise.

Experiment with the volume of your voice, or try making other noises. What happens to the sugar crystals after that?

Once you’re finished with experimenting, try the same thing with different mixing bowls. Try using differently shaped bowls or bowls made of a different material. Is there a difference when you make a loud noise?

Ask your child what they think is happening. Explain that it is not their breath that is moving the sugar crystals, but sound vibrations! The sugar crystals are reacting to the vibrations made when you make noise.