

## Hope Overflows Experience

*Use this activity with kids to spark discussion about overflowing joy.*

### You'll need:

- Empty plastic bottle
- 1 package active dry yeast
- Warm water
- Food coloring (optional)
- Liquid dish soap
- 3% hydrogen peroxide
- Measuring cups
- Measuring spoons
- Safety glasses
- Large tub or tray to catch overflowing foam
- Activity area suitable for spills (outdoors is perfect)

### What to do:

1. Set the plastic bottle in the tub or tray.
2. Pour  $\frac{1}{2}$  cup hydrogen peroxide into the plastic bottle.
3. Add 4-5 drops food coloring to hydrogen peroxide. (optional)
4. Add 1 tablespoon liquid dish soap to the hydrogen peroxide.
5. Swirl the bottle to mix ingredients.
6. Add 1 package yeast to  $\frac{1}{4}$  cup warm water and mix. Give the yeast about 5 minutes to activate.
7. Pour the yeast mixture into the bottle and watch it overflow!

(Watch a how-to video [here.](#))

Afterward, discuss the following questions.

- **What makes you overflow with joy?**
- **What are you looking forward to?**
- **In what ways does God help you be joyful?**