Walking Water Rainbow Activity Kit

Printable Step-by-Step Instruction Sheet

Materials Needed:

- 6 clear cups

- Water

- Food colouring (Red, Yellow, Blue)

- 5 paper towels (folded into strips)

Step 1: Arrange Cups

Fill cups 1, 3, and 5 with water. Leave cups 2, 4, and 6 empty.

Step 2: Add Food Colouring

Add red to cup 1, yellow to cup 3, and blue to cup 5. Stir gently.

Step 3: Fold Paper Towels

Connect each cup with a folded paper towel, forming an arch between them.

Step 4: Observe

Watch as colours move through the towels and mix in the empty cups.

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Capillary Action Science Facts

What is Capillary Action?

Capillary action is the ability of water to flow through narrow spaces without the help of gravity.

It occurs because of adhesion (water sticks to other surfaces) and cohesion (water sticks to itself).

In plants, capillary action helps draw water up from roots to leaves.

In this experiment, the paper towel acts like a plant stem, pulling water upward and across cups.

Fun Fact:

Capillary action is why a paper towel absorbs a spilled drink!

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"Mix It Up!" Colour Wheel Chart

Primary Colours:

- Red, Yellow, Blue

Secondary Colours (Created by Mixing):

- Red + Yellow = Orange
- Yellow + Blue = Green
- Blue + Red = Purple

Use this chart to predict what colours will appear during the walking water experiment.

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Certificate of Completion

This certifies that

_____

has successfully completed the

Walking Water Rainbow Science Activity

and demonstrated curiosity, observation skills, and scientific thinking.

Dated: June 17, 2025

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