The Great Dancing Pea Experiment

Objective: Students will investigate how combining common household substances produces a chemical reaction, make predictions about the movement of peas, observe and communicate their findings, and explore the characteristics of solids, liquids, and gases.

Materials: pea seeds (one per student), colored Sharpie markers, two mason jars, baking soda, vinegar, and water

1. Distribute a small PEA seed to each student. Give each student a colored Sharpie marker to color their PEA seed.
2. Collect the seeds in a plastic baggie.
3. Have class sit around the table with the jars, baking soda, vinegar, and water are all set up.
4. Have class guess what is about to happen.
5. Add baking soda to water, add PEAS…..add vinegar…..wait….
6. Explain that the bubbles produced by baking soda and vinegar are carbon dioxide gas. When bubbles attach to the peas, they can lift them upward; when bubbles detach, the peas may sink again.
7. Ask students to stand and demonstrate with their bodies how the peas reacted during the experiment.

Mindfulness Activity- Peas of Mind Taste Testing

Length: 1–2 minutes

Materials: washed pea or garden vegetable

1. Give each student a fresh, washed pea or a small sample of a garden vegetable. Before tasting, ask students to quietly examine its color, shape, and texture.
2. Encourage students to take one slow, comfortable breath before tasting their vegetable. Ask them to notice how they feel.
3. Invite students to take a small bite and chew slowly, paying attention to the flavor, texture, and sensations. Ask: Is it crunchy, soft, juicy, or crisp? Does it taste sweet, bitter, or earthy? Does the flavor change as you chew?
4. Have students think about the journey of their vegetable from seed to harvest. Ask: "What did this vegetable need to grow, and who helped care for it?"

Virginia Standards of Learning (SOL)

SOL Strand: Scientific and Engineering Practices; Matter
SOL Alignment: K.1, 1.1, 2.1, 2.3b, 3.1

Month: October