



## Let's Make A Rainbow

### Description

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Students make their own rainbows.

### Supplies

- Paper plates
- M&M's
- Measuring cup or pitcher
- Access to warm water

### How to Play

1. Have students raise their hands if they have seen a rainbow before.
2. Explain that rainbows happen when the sun shines through the rain. When the sun shines through the rain, this makes the light bend, and then it splits into separate colors and is reflected back. Where the rainbow lands and how vibrant it is is a wonderful surprise!
3. We are going to make our very own rainbows today with M&M's and water.
4. Pass out one plate to each student and a variety of colors of M&Ms, making sure to tell them not to eat any.
5. Have each student make a circle of M&Ms around the outer edge of their plate. Ensure that all the M&Ms are touching each other.
6. After the circle is created, pour a small amount of warm water in the middle of the plate. Pour just enough water to cover the entire bottom of the plate.
7. The colors should start to spread out and create a circular rainbow on the plate. Instruct students to be very careful not to bump the plate because this will cause the colors to mix into a brown-colored solution.
8. Remind students that life is full of surprises and if their rainbow gets messed up it's ok and they

can try again! It's also a surprise to see how everyone's rainbow looks based on the colors they used.

9. Let students do the experiment several times. Students can dump the M&Ms and water into the trash, then wipe the plate down with a paper towel to ensure it is completely dry.
10. Finally, encourage students to experiment with different candy placements and amounts of water to see what results they get.

## Activity Prompts for Reflection

- Did the experiment go the way you thought it would?
- What strengths do you have that help you during experiments? Ex: Patience, control, listening skills
- What is something unique or surprising that happened during your experiment?
- Did you feel nervous at all during the experiment? When and why?
- How did you decide on the color placement of your M&Ms in the circle?

## Other Ways to Play

- Challenge students to make different patterns with their M&Ms.
- Let students practice counting skills with their M&Ms.
- If there is extra time students can each draw a rainbow.
- Have the students make a prediction of how long it will take for all the colors to reach the middle and then have them time it and compare.
- Assign different colors to different students and have them make a circle just in that one color and time how long it takes. Compare the colors with one another and order them from fastest to slowest to dissolve.

## Additional Notes

- A way to make sure that students don't eat the candy that will be used for the project is to tell them that there will be candy during reflection time that they can enjoy. This will encourage them to make the best choice and not eat the candy that is for the rainbow creation.
- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- Other weather-related activities: [Rain in a Jar](#), [Windchimes](#), [Lightning and Thunder](#)

### Category

1. Activities
2. Self-Management

### Sel-competency

1. Self-Management

### Allotted-time

1. 15-20 minutes

## **Themes**

1. Food
2. STEM