

Oobleck – What’s the “matter”? Grief & Feelings



You will need:

- 1.5-2 cups cornstarch
- 1 cup water
- Liquid watercolors

***Measurements are estimates—mix the water & cornstarch until the mixture is smooth and thick to handle, but feels hard when you tap on it.

Oobleck is a non-Newtonian fluid, which means the state of matter changes depending on its environment. When pressure is applied (e.g., when it is held in your hand), it becomes a solid, but then pours and rests like a liquid.

Oobleck is an excellent metaphor for grief and emotions. With smaller children, oobleck is a great way to “get messy” and express feelings physically (and safely!). With older children, teens, or adults, comparisons can be made between grief/feelings and the oobleck:

- Grief is ever-changing
- Sometimes feelings are difficult to identify
- Sometimes feelings are hard to “handle”
- Multiple colors – grief is made up of many feelings, all mixed together