

What you need

A water bottle

A sharp knife (or fork) - something to poke a small hole in your bottle

Water

A large flat bottomed dish

A laser/ a torch with black paper over it and a tiny, tiny hole in the paper

1. Poke one small hole in your water bottle about a third of the way up from the bottom of the bottle. Be careful doing this.
2. Fill the bottle with water and put it into the flat bottomed dish. The water will be shooting out of the small hole so be careful not to splash yourself (or your kitchen)
3. In the dark, shine the laser light through the bottle and out through the hole you made. This will take some time! The laser light should travel down the stream of water due to total internal reflection and the stream should light up.