INSTRUCTIONS

1. Start by stretching the plastic wrap tightly across the top of the bowl. The plastic wrap needs to be fully stretched and secured to the bowl. If you have one on hand, you could use a rubber band to secure it.

2. Pour your dancing material onto the top of the saran wrap. You want to leave room for the objects to move.

3. With your bowl sitting next to your speaker, turn the volume up and watch the dance!