

# Mouth Lightning

Learn how to create lightning in your mouth with a few basic ingredients!

## You will need:

- Wintergreen Life Savers
- Mirror

## Instructions:

- Turn off all the lights and allow your eyes to get used to the dark.
- Face the mirror and chew a wintergreen Life Saver.
- As the candy breaks down, you will see lightning in your mouth!

## Why does it happen?

This is due to a phenomenon known as triboluminescence – the light that is produced when certain kinds of materials are rubbed together. This occurs when forms of energy such as friction, electricity or heat are input into atoms. Triboluminescence is nothing but light produced by friction and is often observed with hard candy.

