

Purple Muck Challenge Guide



A fun way to get involved in Make March Purple is by participating in the Purple Muck Challenge! Slime your friends with Purple Muck to raise awareness for epilepsy!

You will need:

1. Bucket
2. Flour (1kg will fill half a bucket)
3. Baby Shampoo (500mL)
4. Purple food colouring (or mix blue and red)
5. Water (add to get desired consistency)

Combine the flour and baby shampoo first, slowly adding water until you reach your desired consistency. Then, add purple food colouring until you get your favourite shade of purple. Now you're ready to get mucked!

Some tips:

1. Use a stick or other item to mix your purple muck if you don't want to get your hands dirty.
2. Muck your friends, family members or even school principal and turn the challenge into a fundraiser!
3. Make sure to video your challenge and share on social media with the hashtag #GetMuckedForEpilepsy

Let's turn things around for people with epilepsy!

