1. Fill a glass completely with hot water.
2. Add some food colour and stir well.
3. Fill another glass with cold water.
4. Cover the cold water glass with an old CD.
5. Cover the CD hole with your fingers and invert it gently on the coloured water glass.

Soon you will see amazing convection currents going up!

After a while the temperature and colour of water in both glasses will become the same.

Hot water is lighter than cold water, so it rises up.