

Make a calming water meditation bottle

You will need:

- An empty plastic bottle or container
- Craft glue/PVA
- Glitter – any colour
- Food dye – any colour
- Water
- Optional: Vegetable Oil

How to use your meditation bottle

When you are feeling worried, anxious or even angry, practice taking long, slow, deep breaths in and out, whilst tipping your bottle back and forth. Listen to the sound of the water swishing, and watch the bubbles, patterns and glitter moving around and changing.

Keep moving and watching the bottle and keep breathing slow and deep until you start feeling calm. Keep the bottle somewhere special and use it whenever you need to find a calm feeling.

You might like to try finding some ocean or water music online or on your music streaming app and play it at the same time as you use your bottle.

Where to find your supplies: All of your supplies can be found at your local supermarket or ordered online. If an adult in your house has stronger glue, you could ask for their help so that you can be sure that your bottle won't leak.

Steps:

1. Find a plastic bottle in your recycling, remove the label and rinse it out thoroughly.
2. Fill the plastic bottle with tap water, leaving a gap of approximately 2cm at the top.
3. Add a few drops of your favourite colour food dye.
4. Add a few sprinkles of your favourite glitter.
5. Optional – add a few drops of vegetable oil. This will create some interesting bubbles with the water when you shake it, and it will separate into a layer on top of the water when the bottle is still.
6. Important – dry the lid, and the top of the bottle thoroughly.
7. Squeeze the glue into the inside edges of the lid, as well as around the base of the lid, and carefully screw the lid on as tightly as possible. Place some more glue around the part of the lid that meets the top of the bottle. Leave the bottle upright so that the water doesn't touch the glue until the glue has dried.

