

YOUR SCHOOL NAME Presents

Mindfulness Bottle Activity

Materials

- *Clean Plastic Bottles (recycled)*
- *Hot water*
- *Mixing Bowl (preferably one with a pouring spout to easily put it in the mindfulness bottle)*
- *Whisk*
- *Food Colouring*
- *Fine Glitter*
- *Elmers Washable Clear Glue*

Directions

1. Mix 20% glue to hot water
2. Add Glitter
3. Add Food Colouring
4. Whisk
5. Pour right away into bottle
6. Seal top

