

Sensory Water Bottle

Supplies:

- An empty water bottle or jar
- Glitter blue, yellow, or large container of glitter
- Water



Instructions:

1. Take any sized water bottle or mason jar and add a large spoonful of glitter glue or dry glitter.
2. Fill it almost all the way up with water.
3. Put the lid back on tightly and give a good shake to make the glitter swirl!

As the water is swirling, watch the glitter move throughout the container and focus on your breathing.

Think of the glitter as your thoughts when you're feeling scared, stressed, upset, or angry. It's hard to see clearly when everything is swirling around the jar. This is like your mind when you start feeling these emotions. It can be hard to think clearly. This happens to everyone, including adults! Now, put the jar down and watch what happens to the glitter. See how the glitter is settling down, and the water is clearing? When you take a moment to calm down, your thoughts start to settle, and you start seeing things clearly.

