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**YOUR SCHOOL NAME Presents**

**Mindfulness Bottle Activity**

Materials

* *Clean*[Plastic Bottles](http://www.amazon.com/gp/product/B00KFFAB7M/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00KFFAB7M&linkCode=as2&tag=preschoinsp01-20&linkId=54K4VRLZTJRUHGCN) *(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