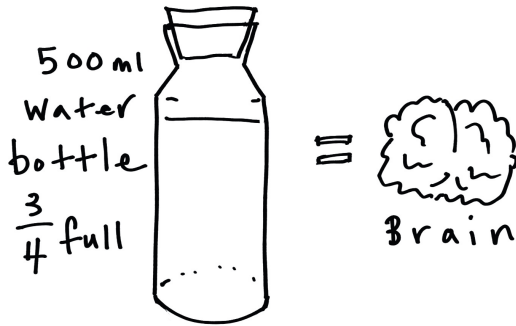


# Glitter Bottle Activity

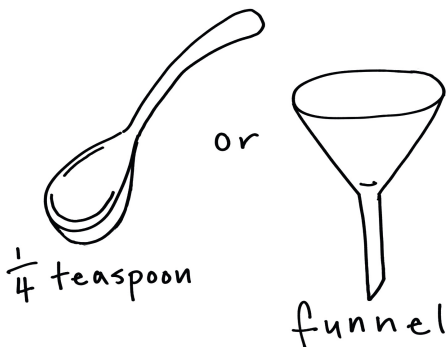


Give your child the water bottle.

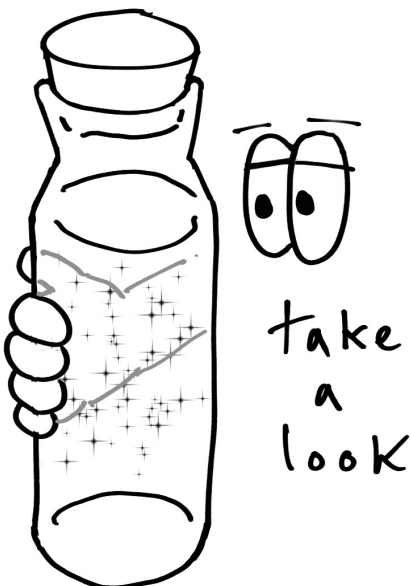
Explain you are going to do an activity which requires their imagination – but the activity will help explain what happens in the brain when we feel big emotions (like fear, anger, excitement).



Provide glitter and a small spoon to put some glitter inside the bottle. Guide them in taking the cap off of the bottle. Ask them to think about some of their feelings and ask them to put a bit of different coloured glitter in the bottle for each feeling (they can choose the colour to go with the feeling). Include positive and negative feelings (happy, sad, excited, angry, anxious, worried, love, hope). Place the cap back on the bottle. Try using about 1 to 2 tsps of glitter in total.



Ask them to shake the bottle and imagine that their mind is revved up with those feelings, anger, anxiety, excitement. Then tell them to hold the bottle completely still and watch what happens inside the bottle.



Explain that as they quiet and still in their mind, their busy or angry or worried thoughts calm and clear just like the glitter settles to the bottom of the bottle.