



STRESS BOTTLES

Materials: plastic drink bottles with lids
clear corn syrup
glitter
dish detergent
food coloring
vegetable oil
super glue



Directions:

Make several stress bottles following these directions:

Quiet Bottle: Pour one-half cup of corn syrup into the bottle. Add several drops of food coloring. Glue on the lid. Gently move the bottle around to coat the sides as you quiet down.

Angry Bottle: Pour one cup of water into the bottle. Add food coloring and a squirt of dish detergent. Glue on the lid. Shake, shake, shake out your anger.

Dream Bottle: Put several tablespoons of glitter into the bottle. Add two drops of food coloring and then fill with water. Glue on the lid. Turn the bottle upside down and dream.

Relax Bottle: Fill the bottle two-thirds full with water. Add several drops of food coloring. Fill the bottle to the top with vegetable oil. Glue on the lid. Turn the bottle onto its side and gently move it back and forth as you relax.

Give children the bottles to help them relieve stress, relax, or get rid of anger.

Explain the calming purpose to your child when introducing the bottles.

- * Remember to closely supervise the materials with young children.**
- * For an extra effect, tape "feeling" faces to match what the bottle represents.**