

How to Make a Mindfulness Bottle (aka Time Out Bottle)

You can make individual bottles



100 cc packer bottle

or one large bottle



Smart Water bottle

Materials:

bottle with child proof cap
warm water
Aleene's Clear Tacky Glue
glitter glue
fine glitter
duct tape

1. Fill the bottle about $\frac{3}{4}$ of the way with warm water. Boiling water may melt the bottles, so use caution.
2. Add a big squeeze of Aleene's Clear Tacky Glue and mix thoroughly (Elmer's Clear is okay, but Aleene's works much better). You can prep this in advance if worried about using warm water.
3. Add a big squeeze of glitter glue and then a few shakes of fine glitter.
4. Put on childproof cap. Tape it shut with duct tape. For the larger bottle, you can seal the cap with hot glue.
5. Shake! Make sure all the glitters and glues mix completely.

I order the 100 cc packer bottles from containerandpackaging.com
<https://www.containerandpackaging.com/products/37/pet-packer-bottle/B641CL>
and order childproof caps.

Questions? rkurson@collegiateschool.org