



**Virtual Activity:
TAPS Good Grief Camp at Home**

Activity Created/Presented by:

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Activity Name:

Cool Down Bottles

Age Group:

Any age, but best for Middles and Tweens.

Description:

In this activity, we made cool down bottles. The goal is to create a bottle that will help with calming. You add food coloring to a bottle of water and then add glitter, beads, sequins, anything you would like. Make sure to glue the lid on and tighten it at the end. When the bottle is completed, it is a helpful tool you can use to work out those negative feelings by shaking it up and then watching everything swirl, float, and settle. There are two other ways to do this activity noted in the adaptations (one of the ways is also shown in the video).

Supplies Needed:

Water bottle or clear and see through container with a lid

Water

Food coloring

Super glue

Funnel

The following items are optional, but you should include at least one:

Beads, glitter, sequins, beans, rice, anything really!



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Adaptations

There are two other ways this activity can be completed:

Glitter Glue (This is my favorite version)

Instead of adding water and food coloring, you can get your favorite bottle of glitter glue and put the whole bottle into your bottle. You then add hot water to fill the rest of the bottle. (Just about boiling point so please be careful and this may be best for an adult to do. Caution: your bottle will be hot after it is poured. Oven mitts would be recommended) When the hot water is in the bottle, shake the bottle so the water and glue mix. You can then add any additional glitter or any of the items as we noted above. This one is great to watch settle as you are working to calm down. This version is often used for children who are tantruming. The parent will ask the child to work their anger and frustration out by shaking the bottle, and then tell them they are in time out, or as I like to call it “cool down,” until everything in the bottle settles.

Layered Liquids (also in video)

I recommend a smaller container for this, but you can layer different liquids on top of each other. I used honey, cooking oil, coconut oil, and water. There are many other options out there and a YouTube video that shows a few more options. You pour some of each liquid into the container and watch them separate. Even if you mix the container, they will separate when settled. You can also slowly tip and tilt the bottle and you will see the liquids remain separated. It can be very calming to watch as these items never mix or as these liquids separate again.

Reference/s

https://www.youtube.com/watch?v=-CDkJuo_LYs