

## MAKE A CALMING GLITTER BOTTLE

### **Instructions:**

1. Find an empty plastic bottle and fill with water.
2. Add a teaspoon of glitter glue and a few teaspoons of glitter (biodegradable is a great choice), or sand can be used as an alternative.
3. Firmly secure the lid.

### **Use the bottle to explain the brain as follows:**

1. Shake the bottle and discuss how hard it is to see clearly through the bottle when the glitter is flying around.
2. Compare this to when the amygdala is in charge and it's hard to think clearly and make good decisions.
3. Explain that when the glitter settles it's like the amygdala calming down so clear decisions can be made using the prefrontal cortex.
4. Shake the bottle again and take slow deep mindful breaths together whilst the glitter settles.

