

I SPY BOTTLES

Education for Kids: Imagine a special spot just for you! It's a place you can go when you're experiencing big feelings like anger or sadness. It's like a cozy cave where you can feel safe and calm your body and brain. You can do this by practicing a calming activity like deep breathing, cuddling a stuffed animal or playing I Spy. Gather the supplies and follow the instructions to create an I Spy bottle, perfect for your cozy spot!



what you need:

- Clear bottle
- Yarn/string
- Hole punch
- Small piece of paper
- Pen/pencil
- 10-12 different small objects
- Uncooked rice



INSTRUCTIONS:

1. Select 10-12 different small objects.
2. Hole punch a small piece of paper.
3. Write down all objects on the small piece of paper.
4. Fill the bottle 1/2 way with rice.
5. Add all objects to the bottle.
6. Finish filling the bottle with rice ensuring there is a small gap at the top of the bottle to allow movement for the rice.
7. Place the lid on the bottle and feel free to seal with hot glue.
8. Using yarn, tie the paper around the neck of the bottle.

