**Course Name & Lesson Title: Calm Down Bottles**

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| **Overview**In this session, participants will: | **Learning Outcomes**As a result of this lesson, participants will be able to: |
| Create a sensory “Calm Down” bottle to help students relax | Create their own “Calm Down” bottles |

**Additional Materials Needed:**

**Any size water bottle or jar**

**Food coloring**

**Oil**

**Water**

**Measuring Cup**

**Tape**

**Step-by-Step Guide**

1. **Measure out your water and mix in the food coloring**
2. **Pour directly into your bottle or jar**
3. **Pour an equal amount of oil into the bottle/jar on top of your water**
4. **Close it up tight and optionally put tape around the cap to make sure no spills happen!**
5. **Give your bottle a shake and watch as the two liquids mix around and eventually separate again!**