

Create a Calming Canteen & Feel the Benefits of Mindfulness



Now Let's Practice!

STEP 1. Shake your Calming Canteen for 20-30 seconds.

Notice how cloudy it is and how you can no longer see through to the other side. This is how your mind looks when you are upset, overwhelmed or on emotional overdrive. When our mind feels like this we have a hard time focusing, making good decisions and interacting with others.

STEP 2. Take three deep breaths.

Breathe in through your nose and out through your mouth. As you take these deep breaths notice the glitter starting to settle, along with your own mind.

STEP 3. Notice how all the glitter has settled and the water is clear again.

Do you feel calmer? Is your mind less cloudy? How might you use this activity at home?

Materials & Directions:

With your family, take a clean **Plastic Bottle** and squeeze a small amount of **Glue** into the bottle (1-2 squeezes, about the size of a quarter).

Now add about **1 tablespoon of Glitter** to the bottle.

If you would like to add a pop of color, add 2-3 drops of **Food Coloring**.

Fill your canteen with **Water**.

Now you are ready to **Super Glue** or hot glue the top on the bottle to ensure the lid stays on tight.