

LITTLE LAKE IN A BOTTLE

The lake is Quinn's calming place, just looking at the ripples in the water made her feel peaceful and calm. Create your lake in a bottle and give it a little shake whenever you feel overwhelmed.

YOU WILL NEED

Plastic Bottle with Wide-Mouth or use a glass jar

Baby Oil

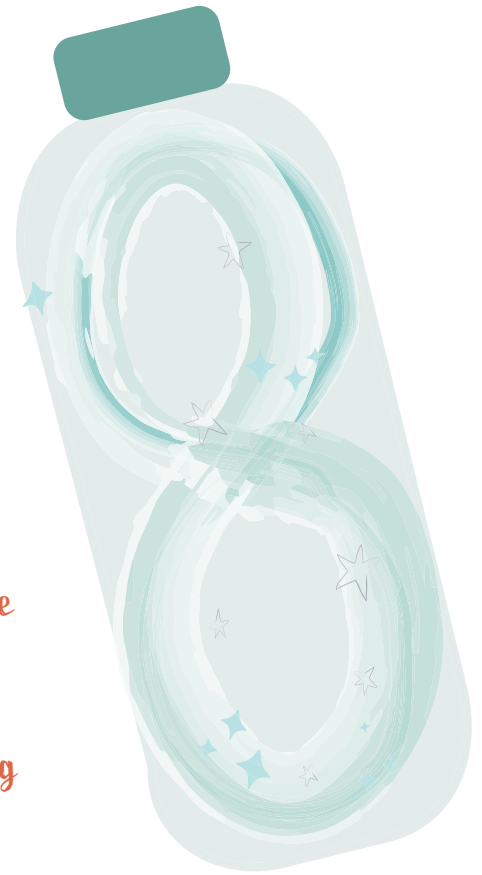
Water

Food Colouring

Glitter - chunky flakes work best

Glue to seal

- Empty & rinse the plastic bottle or jar. Make sure to remove all labels.
- Fill the bottom 1/2 of the bottle with baby oil.
- Top the baby oil with a decent amount of glitter – covering the surface of the oil.
- Add water to a glass, stir in drops of food colouring until you're happy with the shade
- Fill the remainder of the bottle with the coloured water, leaving just a bit of space under the cap free for the ingredients to move around.
- Add a dab of hot glue around the inside of the cap, and quickly seal the bottle



Use your little lake to help you relax. It also helps us recognise our emotions and know when we need a break.



BEAR

