

Come Follow Me FHE

About This Download

PRINTING

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REFLECTION SENSORY BOTTLE

TO HELP CREATE MINDFULNESS & STILLNESS

The idea is to have your child keep their Reflection Sensory Bottle on their nightstand. When it's time to say their prayers, they can use the PRAY acronym as a guide. When they finish with their prayers, they can shake the bottle and watch the items slowly float to the bottom. During this quiet and calming time, invite them to think about the things God may be trying to teach them as an answer to their prayers.

SUPPLIES NEEDED:

- Clear, plastic water bottle (Voss or Cascade Ice bottles are great choices because they are tall, but you could even use something as small as an empty spice container. Just be sure to adjust the amount of liquids you use.)
- Craft items to put into water bottle (glitter, beads, craft gems, pom poms, loom bands, mini erasers, sequins, etc.)
- Clear liquid hand soap

1. Fill a clear plastic water bottle with 3/4 cup of warm water. Using warm water helps the soap mix with the water more easily.
2. Drop in whatever craft decorations you want to use.
3. Fill the rest of the water bottle with the clear liquid hand soap. Make sure you fill it all of the way to the top because the bottle works best with no air and minimal bubbles inside.
4. Put the lid on and move the bottle around. Once you're sure this is how you want your bottle to look, secure the lid with a low-temperature glue gun. Put the glue around the edges to prevent leaks and also to prevent your kids from opening it and spilling the contents.
5. Once the glue has dried your bottle is ready to use! Shake up the bottle and flip it over. Watch the items slowly float from one end of the bottle to the other.