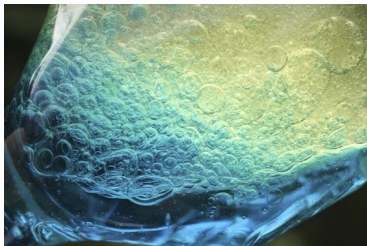


# Calm Down Bottle



## Ingredients

-Empty plastic bottle with lid (water bottle, 2 liter, mouthwash, etc.)

-Water

-Cooking Oil

-Food coloring



## Directions

Step 1: Fill 1/3 of your bottle with water

Step 2: Add 7-8 drops of food coloring

Step 3: Place the lid on the bottle and shake to mix

Step 4: Take lid off and fill the rest of the bottle with oil

Step 5: Ask an adult for help to hot glue the lid back on the water bottle

Step 6– Once the lid is sealed on tight, shake the water bottle

Step 7– Enjoy your calm down bottle!