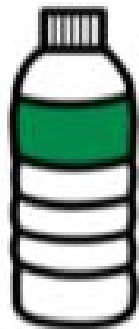
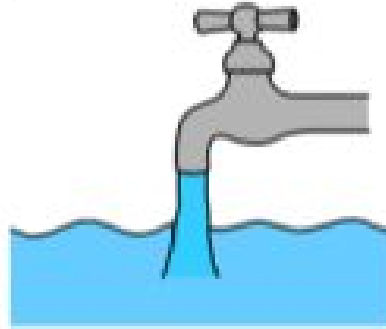


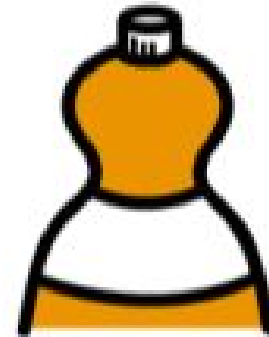
Calm Down Bottle Ingredients



Empty Plastic Bottle



Water



Cooking Oil



Food Coloring

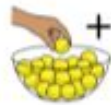


Hot Glue Gun

Directions



1. Fill 1/3 of bottle with water



+



2. Add 8 drops of food coloring to bottle



3. Pour oil in the bottle



4. Ask an adult for help



5. Hot glue the lid on the bottle



6. Shake and enjoy your calm down bottle !