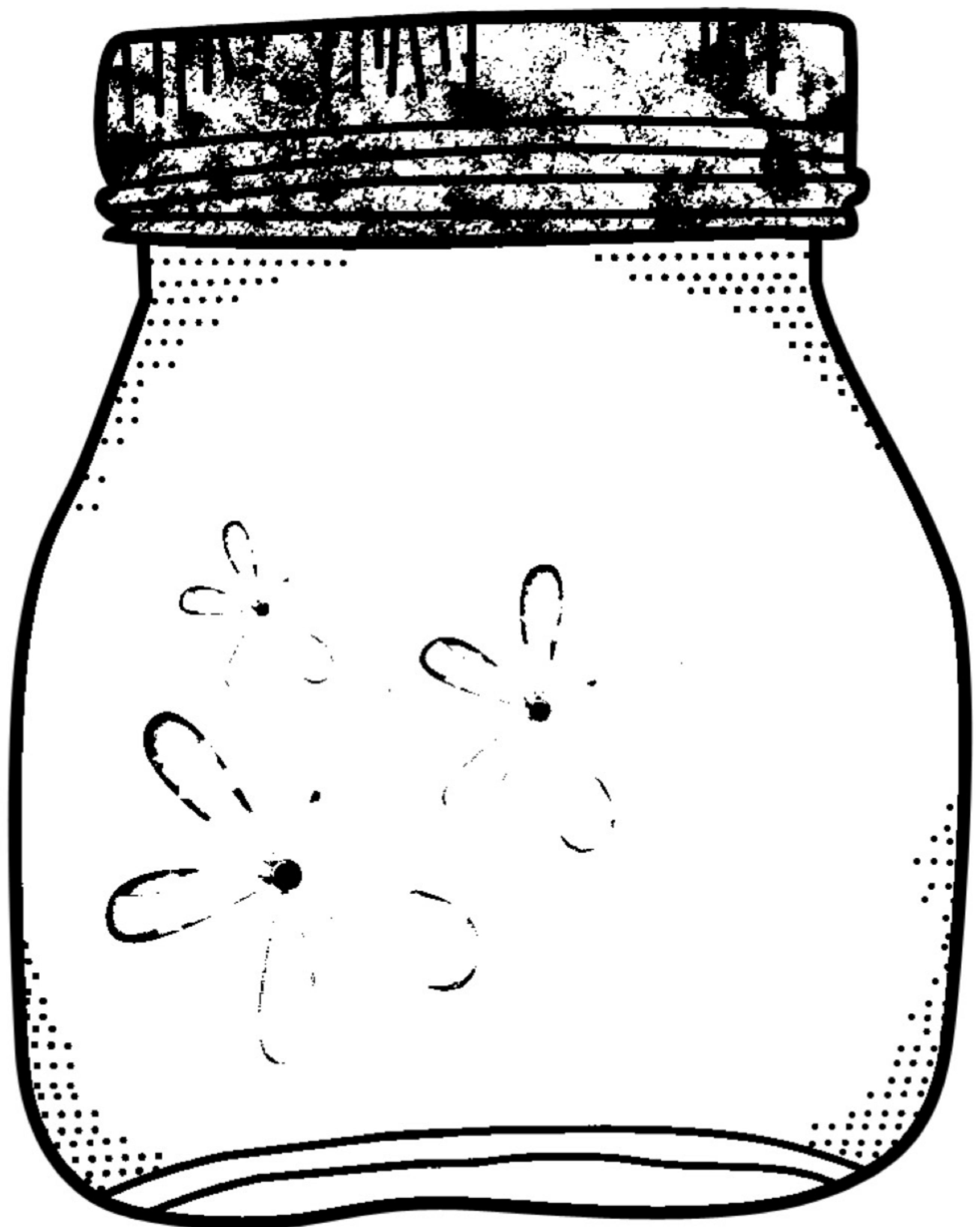


# CENTER: MINDFULNESS BOTTLES

Sit comfortably. Gently shake a mindful bottle 5-10 times. Watch the contents of the bottle float through the water. Try to think only about what you are watching and not let your mind wander. How does it feel to watch the items in the bottle settle? How are you feeling now?



# MINDFULNESS BOTTLES

## INSTRUCTIONS

If you do not already have mindfulness bottles prepared, use this formula or visit my blog linked below for other recipes:

1 plastic bottle  
Clear glue  
Warm water  
Glitter

Fill plastic bottle  $\frac{1}{3}$  to  $\frac{1}{2}$  full with clear glue. Add  $\frac{1}{2}$  cup coarse glitter. Add warm water, leaving a bit of room at the top of the bottle. Put lid on and shake to combine contents. Add more glitter as desired. Superglue lid onto bottle.

Click to see more mindful bottle formulas on my blog.

