

Wave Bottle

You will need

- A bottle
- glue
- Blue food colouring
- Water
- Baby oil

To make the bottle- teacher to find clean, clear drinks bottle. Remove all labels and fill the bottle half full with water.

Then add a few drops of blue food colouring, cover and shake.

Add clear baby oil to fill the bottle to the top and put glue along the inside of the bottle cap to firmly secure the bottle.

Remind children of the relaxed breathing techniques that you will have previously explored with them and encourage them to focus on their deep/relaxed breathing whilst using this visualisation technique.

The wave bottle is used to resemble waves crashing onto a beach which provides a soothing, rhythmic quality to shift focus to.

If using this as a whole class technique then give all children the opportunity to lean the bottle on its side and move it from side to side, so that it makes gentle waves.

As they watch the waves encourage the deep/relaxed breathing.

Encourage discussion;

How did this make the children feel?

Was it calming?

Were they focusing on the bottle or things going on around them?

This can be used in individual interventions with children who may be feeling upset, frustrated or worried about something. Works most effectively if they can continue to use it until they calm down.

The child might also want to try shaking the bottle vigorously to create lots of oil bubbles amongst the waves. The bubbles will eventually settle and burst.