Year C - 6th Sunday in Ordinary Time
Luke 6:17,20-23

Calm Down Bottles

Background

- Sometimes when things that are not so good start to creep out of us, it can be helpful to take a bit of time to calm down and be mindful of the good things we want to have shining out from inside us.
- These calm bottles can help with that!
- They can be filled with many different things, but in this case, try to source things that can help represent the good things Jesus wants to see inside us: crosses for Jesus, hearts for love, birds or flowers for peace, circles for friendship, even letters to spell certain words etc?



You will need

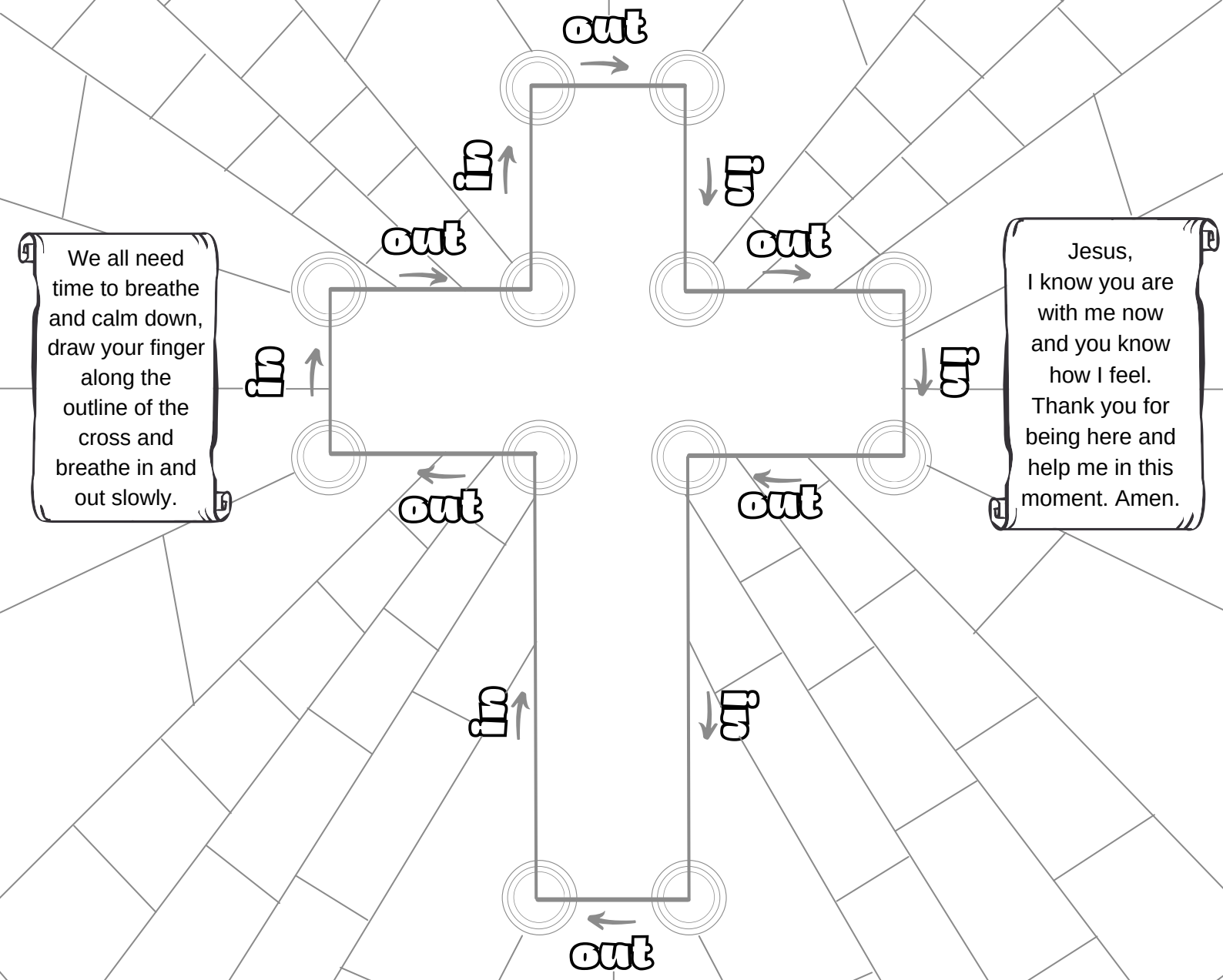
- Clear bottles (one for each child)
- Water
- Clear glue (like Elmer's school glue)
- Assorted glitter
- Assorted items (e.g. crosses for Jesus, hearts for love, birds or flowers for peace, circles for friendship, even letters to spell certain words, or whatever else you might find in the local $2 shop!)

Instructions

1. Pour some of the clear glue into the bottle.
2. Add glitter of your choice.
3. Add the other items of your choice and discuss what they can represent of the things that Jesus wants to see in us.
4. Gently mix and continue until you are happy with the thickness of the liquid and the density of the glitter and other items.
5. Secure the lid on firmly.

Note: *there is a little bit of trial and error involved in this activity depending on the capacity of the bottles you have and the thickness of the mixture that you prefer. We recommend testing it at home to work out the quantities that will suit you. If you want a different activity, there is a colouring page below.*

I AM WITH YOU



We all need time to breathe and calm down, draw your finger along the outline of the cross and breathe in and out slowly.

Jesus,
I know you are with me now and you know how I feel. Thank you for being here and help me in this moment. Amen.

ALWAYS