



FES Guidance Distance Learning Opportunity

May 4-8, 2020

Pre-K through 5th grades:

- Create a calm down bottle to help manage your emotions. Use the video as your guide.
- Supplies you will need: 1 plastic bottle (half full with water), oil, glitter, food coloring, measuring cup, table covering (something to clean up with)
- Link to video with visual instructions:
https://drive.google.com/open?id=18SsAgcw-5_HZiGn5npmy9PqnVK1R3Ldo