

Mindful Calming Jellyfish to Make

Mindfulness is when you are totally engaged in something and enjoying the moment you are in - you forget all the other things that might go round in your head. Some mindful time every day is really good for our well-being especially at the moment when we may have a lot of worries. This jellyfish in a bottle is a great thing to have near you when you are working in case you find yourself getting stressed - take some time out and watch your jellyfish gently floating around.

This activity just needs a plastic bottle, a small plastic bag, some thread, scissors and food colouring. It is easy to make and then you have a lovely jellyfish in a bottle to help you feel calm.

Watch this You Tube Link about how to make your jellyfish - even the video is very relaxing.

<https://www.youtube.com/watch?v=EFff7K-QQJ8&t=36s>

