

# EXPERIMENT

## THE FOCUS BOTTLE

### Needed:

- 1 Water Bottle
- Water
- Clear Baby Oil
- Food Coloring Regular
- Wilson Oil-Based Food Coloring
- Superglue

### Instructions:

- Fill bottle half full of water
- Add food coloring and mix
- Pour oil into the water bottle to 1/2 from top
- Add oil-based food coloring and mix into oil
- Superglue lid

The oil represents facts and the water represents feelings. When you shake them all up in the bottle it's hard to know what's fact and what's fiction (non-facts). You can't think when you are all shook up. Your brain literally goes into a panic mode and reacts instead of solving problems.

Let the bottle sit for a few minutes and watch how the oil and the water separate again. When you get angry, frustrated, afraid, confused or sad don't take any actions until you've had time to let your feelings settle down and the facts come to the surface. Sometimes it takes a few days to get your feelings and facts sorted out. Sometimes it just takes a few minutes. You'll know when you're ready because your brain will start giving you ideas of how to solve the problem—ideas that are fair, kind and thoughtful. Wise people take all the time they need to find answers that consider everyone involved.

**DAY 3 Late Elementary**

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