

Kooth Activity Sheet



ENERGY LEVEL:
Grounding



NO. OF PEOPLE:
1+



ESTIMATED TIME:
2 sessions x
15mins

Feelings in a bottle

ACTIVITY OBJECTIVE:

To encourage young people to be mindful of their emotions and reflect on how they change over time.

MATERIALS REQUIRED:

1. A piece of paper and print out of the bottles
2. Coloured pens
3. Scissors
4. Sellotape or glue
5. Things to decorate your bottle; stickers, sequins, glitter, etc.

INSTRUCTIONS:

This activity can be done over the course of a day, week or longer. Complete steps 1-5 first and then steps 6-8 at a later time.

1. Hand each person a print out of the bottles, ask them to think about how they are feeling right now (i.e. happy, anxious) and write it down on the left bottle.
2. On a separate piece of paper, ask them to write how they would like to feel by the end of their time with the group - i.e. proud, supported, cheerful. Have them fold the paper and put it to the side.
3. Have young people cut out the bottles and decorate them.
4. Ask them to take the folded piece of paper, place it in the middle of the bottles, and glue the two bottles together at the edges.
5. Put everyone's bottles in a safe space.
6. At the end of your time with the group, ask young people how they feel now, reflecting on their time since making the bottle.
7. Have them break open their bottle and open the folded piece of paper inside.
8. Conclude with a discussion on what they wrote and how their emotions have changed.



Get free, confidential mental health support at go.kooth.com/6w7x

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.

