

*Emotions are like oceans, some days are stormy and others calm...*

### **Ocean in a bottle**

Need: Empty jar, water, blue food colouring and oil (vegetable or baby). Shells and Glitter optional.

Fill a jar two thirds with water, add food colouring and any extras like glitter. Finally add your oil to the top and close over. Tape around the top to prevent spills. Shake the jar.

This jar can be used as a calming tool when you feel overwhelmed. Shake it up and watch it settle.



### **Make a different rainbow animal**

Make a different rainbow animal. It can be any animal you like. You could colour it, paint it or even make a collage.

## Quarry Brae Primary School

### The Rainbow Fish Transition

#### **Counting Fish**

Draw a fish with 6 spots.  
Colour 3 in your favourite colour. How many are left?  
Repeat for different number combinations.

#### **Be a good friend**

The Rainbow Fish learned how to be a good friend.  
Talk to an adult at home about the different ways to be a good friend.