

Stress Relief Bottle DIY

by Chris Hammond for favecrafts.com

MATERIALS

- Recycled plastic bottle
 - Clear dish soap
 - Glitter
 - Food coloring
 - Water
 - Glue
 - Pebbles
-



INSTRUCTIONS

1. Fill your plastic bottle about 3/4 of the way full with water.
2. Pour a significant amount of dish soap into your bottle.
Note: the more dish soap you put in the thicker the consistency it will create.
3. Put some of your confetti or glitter in there that will float in the water.
4. Take your water and fill your bottle all the way to the top, or as high as you can without oversplitting it.
5. Add either a pebble or two or a couple pieces of sea glass to help mix everything up when you're shaking it.
6. Use your super glue along the inside of the cap and screw your lid on so that it does not come undone and leave a mess!

[Find this pattern, free crafting patterns, video tutorials, and more at:](https://favecrafts.com)

favecrafts

