

# TORNADO IN A BOTTLE



## MATERIALS:

- Empty plastic bottle
- 2-3 Tbsp of Glitter
- Funnel
- Water

## DIRECTIONS:

- Step 1:** Using the funnel pour glitter into the bottle.  
**Step 2:** Using the funnel fill the bottle with water  
**Step 3:** Seal the bottle with the lid very tightly  
**Step 4:** Swirl the bottle quickly in one directions for about 10-15 seconds  
**Step 5:** Place on the table watch the tornado in the bottle

## GUIDING QUESTIONS:

- What do you see happening with the glitter?  
How is the water acting like a tornado?  
What happens after a few seconds of the water spinning?

## ENCOURAGE CHILDREN TO EXPRESS FEELINGS:

- How are feelings like the tornado in the bottle?
- Feel like they come out of nowhere
  - Feel out of control

It's not possible to control a tornado. But children can learn exercises to feel in control of feelings

- Move with the swirling tornado. Spin in one direction then begin to slow down until your body is still
- Watch the glitter in the bottle as it swirls in the water as the spiral begins wide and becomes smaller and smaller.

While children practice these exercises, ask them to think about how their feelings start out BIG like the tornado but then become smaller and smaller until they are still.

## RESOURCES:

Adapted from Cool Experiments (2021). Retrieved from <https://coolscienceexperimentshq.com/tornado-in-a-bottle/>



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