

Family Activity: Storm in a Bottle



What You'll Need:

- A clear plastic bottle with a lid (water bottle or jar)
- Water
- Blue food coloring (optional)
- Dish soap or baby oil
- Glitter, sand or small craft items to put inside

Instructions:

1. Fill the bottle about 2/3 full with water. Add a drop or two of blue food coloring if you'd like to make it look more like the sea.
2. Add a small squirt of dish soap or a tablespoon of baby oil to create "waves" that move differently than water.
3. Add a pinch of glitter, sand or other objects to represent the chaos of the storm.
4. Seal the lid tightly (you may want to add glue around the threads to prevent spills).
5. Shake the bottle to create your "storm," then slowly stop shaking and watch as it settles and becomes calm.

Discussion While You Create:

- As you shake the bottle: "This is like the storm the disciples faced—scary and wild!"
- As it settles: "Watch what happens when Jesus says, 'Be still!' The storm has to obey Him."
- Throughout the activity: "Just like I'm holding this bottle, God is holding us—even when things feel stormy and scary."

Extended Activity:

Have children decorate the outside of the bottle with drawings of the boat, disciples, and Jesus. Or create a simple boat from craft sticks that can float on top of the water inside a wider jar.

Every time your child feels worried or scared this week, let them shake the "storm bottle" and then watch it become calm again, remembering that Jesus can calm any storm—including the ones in our hearts.