

Forget text, Snapchat, or TikTok... We're going old school on this one!

message in a bottle!

Objective

Research shows us that social connection is the most powerful antidote to stress and anxiety.

Accessibility to our online world is handy right now! However, taking some time to slow the pace down for our kids is vital. We can use this time to empower our kids to deeply reflect on what makes a friend precious and then share these reflections with their bestie.

This activity is designed to help kids keep the lines of communication open in a creative and fun way to foster strong foundations in their friendships.

Fun Fact: The earliest message in a bottle is thought to have been sent by a Greek philosopher in 310 BC!



Key Outcome

Your child will reflect on the qualities of a healthy friendship by writing mini-messages to their special friends.

Materials

- [YouTube – What Makes A Good Friend? Video](#)
- Pens, markers
- Paper
- Scissors
- Small glass bottles or jars

Instructions

1. To help get started, show your child the YouTube video on what makes a good friend.
2. Say to your child, “Do you have some good friends? Tell me about them!” Give them a chance to reflect on the special friendships in their lives.
3. Explain that they’re going to make a Message in a Bottle for a friend. Show them the pictures above and describe what a Message in a Bottle is all about.
4. On a blank piece of paper, encourage your child to write their friend’s name. Get them to list some reasons their friend is so awesome!
5. Tell them to highlight the top five with a coloured marker. Recommend that your child writes these sentiments individually on strips of different coloured paper if possible.
6. Roll up the messages and pop them in the bottle!
7. Say, “What else could you put in the jar to make it special?” Maybe they could add some sand, glitter, confetti, or a ribbon around the top.

Next Steps

If their friend lives close by, encourage them to pop it in their letterbox. Alternatively, suggest they send a video message to their friend showing them what they made!

Note: Remind your child not to throw it in the sea or open water due to Pollution control.