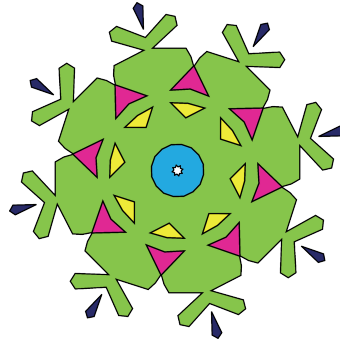


Kaleidoscope of Emotions

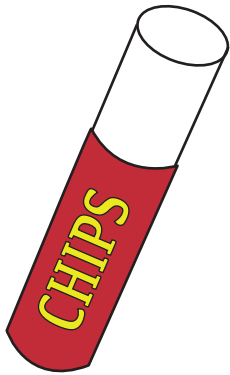
Emotions come and go, just like the colors and shapes of a kaleidoscope! Follow the directions below to create your very own bright and beautiful kaleidoscope as a reminder that emotions are always changing.

Materials:

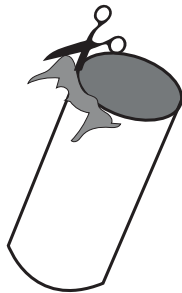
- Empty potato chip canister
- Aluminum foil
- Hammer and nail
- Glue
- Glitter, sequins, and tissue paper
- Colored paper
- Markers and crayons
- Clear contact paper



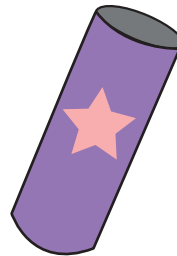
1: Clean and empty your chip canister.



2: Roll a piece of aluminum foil and place it inside the can. Cut off excess foil from the can.



3: Wrap a piece of colored paper around the outside of the can and tape to secure in place. Use markers and crayons to decorate!



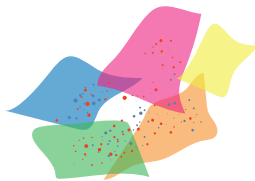
4: Have the parent/adult take a hammer and nail and punch a hole on the sealed end of your can. This will be the hole you will look through. (Note to parents: You can model for your child how to use a hammer and nail safely. Then your child can share what they learned and mimic what you are doing using a play hammer and sharpen their fine motor skills.)



5: Use glue to place glitter and sequins on the inside of the chip canister lid. You may use colorful paper, as well.



6: Mix clear glue with glitter and water. Tear colorful tissue paper to place on the inside of the lid.



7: Use clear contact paper and place glitter, colored tissue paper, and sequins on the paper. Press another piece of contact paper on top to seal your design.



8: Cut around the contact paper to fit it to your can closely. The lid will go on over the contact paper.



There you have it! Gaze through the eyehole as you move the kaleidoscope in a circle to look at the changing shapes, sparkles, and colors and remind yourself that emotions, like your kaleidoscope images, are always changing.