

# Message in a Bottle / Jar

## Activity Outcomes

- If you could write a message to the past or the future about 2020, what would your message say?
- Creating messages helps you to think about the things in your head and heart and helps you to make positive changes and steps forward to make a better world.

## Setting Up

### What you will need:

- An empty bottle or jar (you could print out the paper version on the next page instead)
- Pens / crayons
- Items to decorate your bottle

## Activity Guide

### Activity – Bottle Messages

- Decorate the outside of your bottle – think about what message you want your bottle to give. Is it hopeful? Is it a warning?
- Now write down a message that can be placed inside.
- You could decorate your message with words of support, love, hope or advice. Don't forget to share it with us!

### Questions to think about

- If someone from the past or the future found your bottle, what would they learn about 2020?
- What advice about our world would you give to anyone who finds your bottle?
- What do you want people to learn from your message?

## Further Support and Ideas

- For more ideas and to share your thoughts and creations, visit <http://www.thechildrensvoice.net/>
- Don't forget to share your creations and ideas by using #NCDUK



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