

# Magic Worry Milk

The purpose of this activity is to create a visual for how anxiety and worry can make you feel on the inside.

## Materials

- One 9" x 13" clear glass baking pan
- Whole milk
- Food coloring
- Liquid dish soap

## Directions:

- Pour enough milk in the pan to cover the bottom (1/4" to 1/2" deep) – *This represents you as a person.*
- Using the food coloring, create any design that you want. – *Each color stands for something in your life that is going on or something that you need to do. When all is still, you can handle everything!*
- Aim the liquid dish soap at the center of the pan and allow two or three drops of dish soap to fall into the milk. *This represents the anxiety that you have.*
- Do not stir.
- Watch as the milk starts to swirl and the colors start to travel and mix. The soap churns the milk and the colors start to move and mix together until eventually, they become unrecognizable. *This represents what anxiety does to you. Anxiety churns you up inside and mixes everything up – making it harder for you to recognize what is going on in your life and what you need to get done.*
- When you can control your anxiety, you can stop the soap from getting into the milk and you can learn to handle everything more effectively.

