# SWAP – Let’s make a tiny canteen!

# Supplies –

# Bottle cap

# Pony Bead

# Foam Strip or ribbon

# Safety Pin

# Glue

# Glue the pony bead to the side of the bottle cap.

# Glue the strip of foam on either side of the pony bead.

# Add your safety pin.

# A picture containing diagram Description automatically generated

# Activity – Make fun out of lunch. Sometimes, playing with your food is okay. See what ingredients you can use to make an artful meal.

# A picture containing plate, food, indoor, meal Description automatically generated

# A plate with food on it Description automatically generated with medium confidence

# A picture containing food, indoor, container, plastic Description automatically generated