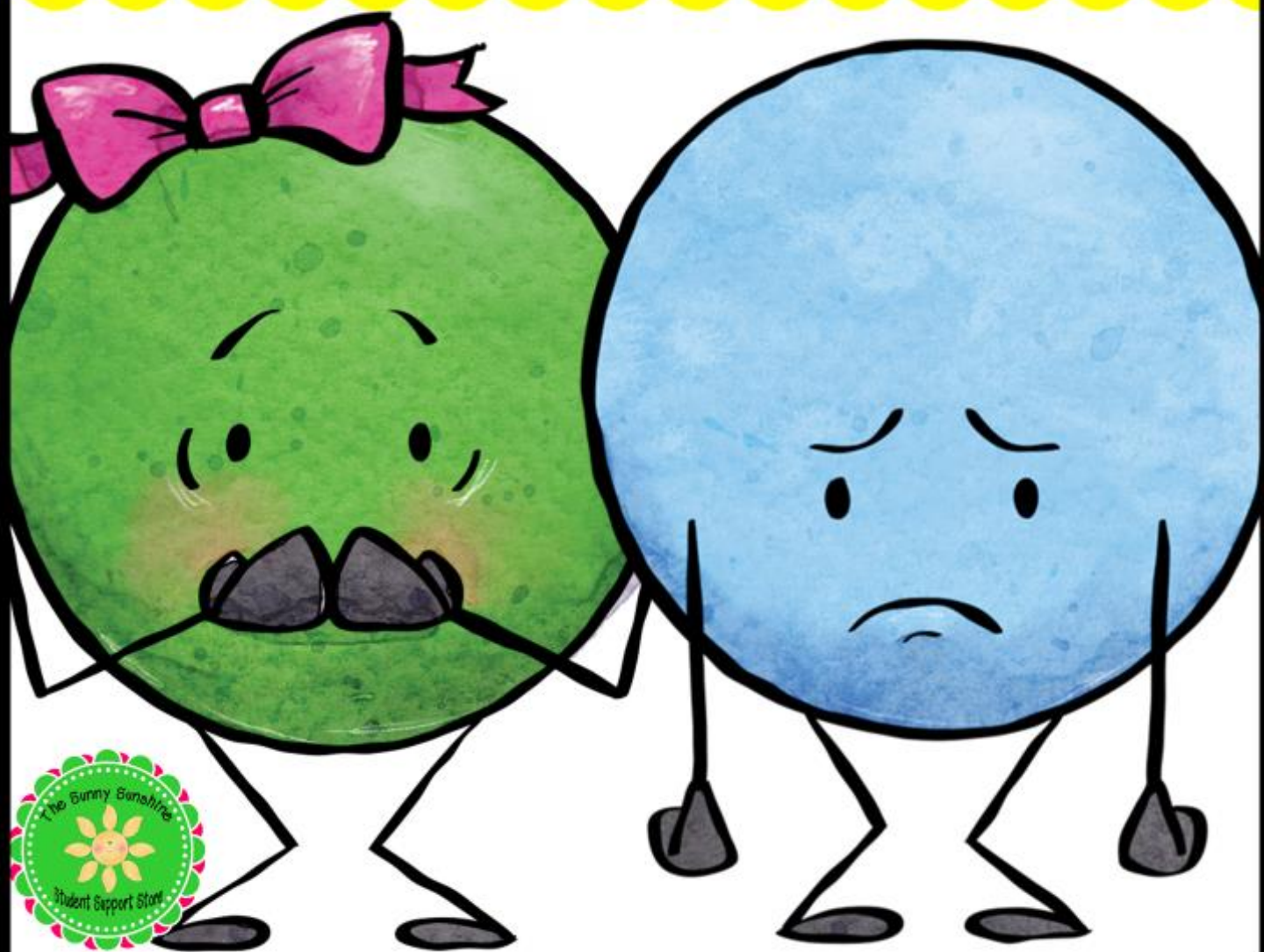


Help Me Feel Better Coping & Calming Spray



Thank you for your purchase. If you love this product, please consider leaving some feedback, by going to the ["My Purchases"](#) section of your account or clicking on the graphic below. By leaving feedback on your purchases, you can build up credits to use towards future TPT purchases (from any seller on TPT)!

If you want to keep up to date with my sales, new resources, freebies and so much more, click the **green** ★ under my store name!

EARN TPT STORE CREDIT !

The graphic illustrates the process of earning TPT Store Credit through feedback. It features three green boxes at the top, each containing a white star icon. Below these is a feedback form with a star rating scale (F, D, D+, C, C+, B, B+, A, No Opinion) and a 'CHECKOUT' button. A callout box explains that giving feedback earns TPT Store Credit. Another callout box reminds users to redeem credits at checkout on their next purchase. A small green card icon is shown next to the 'REDEEM TPT CREDITS' section.

Overall Quality ⭐⭐⭐⭐⭐
Accuracy ⭐⭐⭐⭐⭐
Practicality ⭐⭐⭐⭐⭐
Thoroughness ⭐⭐⭐⭐⭐
Creativity ⭐⭐⭐⭐⭐
Clarity ⭐⭐⭐⭐⭐

Leave a Comment...

☒ Email me when the seller responds

AVERAGE RATINGS

SEND

Everytime you give feedback, you earn TPT Store Credit!

CHECKOUT

Redeem a Gift Card
Apply a Promo Code
Redeem TPT Credits
Available credits: 30

Don't forget to redeem your credit at checkout on your next purchase!

APPLY

20 CREDITS = \$1
What are TPT Credits?

Young children often still have the power of “magical thinking” to make some things “all better.” Using the power of magical thinking I have created the “Help Me Feel Better Spray” bottle labels. This product also contains the ancient “secret” recipe for “Help Me Feel Better Spray.” “Help Me Feel Better Spray” comes in the following varieties:

- Monster Be Gone
- Worry Be Gone
- Make Me Brave
- Calm Me Down

This product is suitable for both boys and girls for home or school use.

Included is:

- Female and male labels for the following bottles:
 - Monster Be Gone
 - Worry Be Gone
 - Make Me Brave
 - Calm Me Down
- Suggested fragrance option list (optional)
- “Ingredients” and directions for use label

Aromatherapy has been around for centuries. One of the current popular uses is for mental and emotional wellness. The following suggestions are possible oils you may wish to add to your "Help Me Feel Better Spray." If using an essential oil, I only use a few drops to get a light sent. If you would rather, you can use a little fabric spray or liquid fabric softener for a light sent. If you are using a scent, just add a tiny amount at a time until you get the "power" you are seeking. Please consult parents or a physician prior to introducing scents to your students, as you would not want to trigger an allergy. If you are concerned about allergies, you can always use plain water in your bottle.

Possible essential oils for anxiety:

- Bergamot
- Chamomile
- Frankincense
- Lavender
- Rose
- Vetiver
- Ylang Ylang

Possible essential oils for bravery:

- Bergamot
- Lavender
- Myrrh
- Sandalwood
- Ylang Ylang

Possible essential oils for sleep:

- Cedarwood
- Lavender
- Chamomile
- Valerian
- Valor
- Vetiver

Materials Needed:

- Clean Spray Bottle
- Scissors
- Clear Packing Tape
- Brand Label of Your Choice
- Ingredient/Directions Label
- Water
- Fragrance (optional)

Directions:

1. Fill bottle with water and add fragrance (optional).
2. Apply labels and cover with clear packing tape.
3. Instruct child to spray as needed for the desired result (per the label choice).
4. (Spray should be applied in the air NOT on directly on skin and should NOT be ingested. Please keep out of reach of small children and pets.)



Front



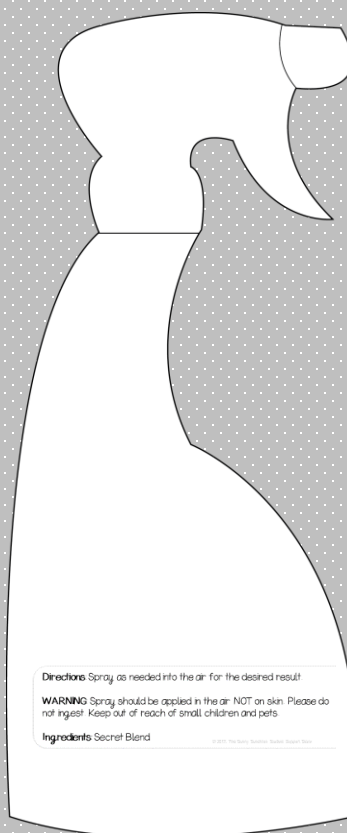
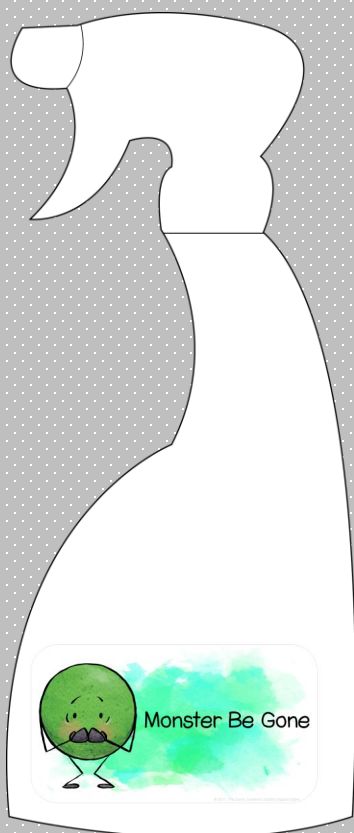
Back

Directions: Spray as needed into the air for the desired result

WARNING: Spray should be applied in the air NOT on skin. Please do not ingest. Keep out of reach of small children and pets.

Ingredients: Secret Blend

© 2017 The Sunny Sunshine Student Support Store



Depending on the bottle size, sometime I place labels vertically.



Apply to the front side of the spray bottle.

Apply to the front side of the spray bottle.



Apply to the front side of the spray bottle.

Apply to the front side of the spray bottle.

Directions Spray, as needed into the air for the desired result

WARNING Spray should be applied in the air NOT on skin. Please do not ingest. Keep out of reach of small children and pets.

Ingredients Secret Blend

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Apply to the back side of the spray bottle.

Apply to the back side of the spray bottle.



Monster Be Gone

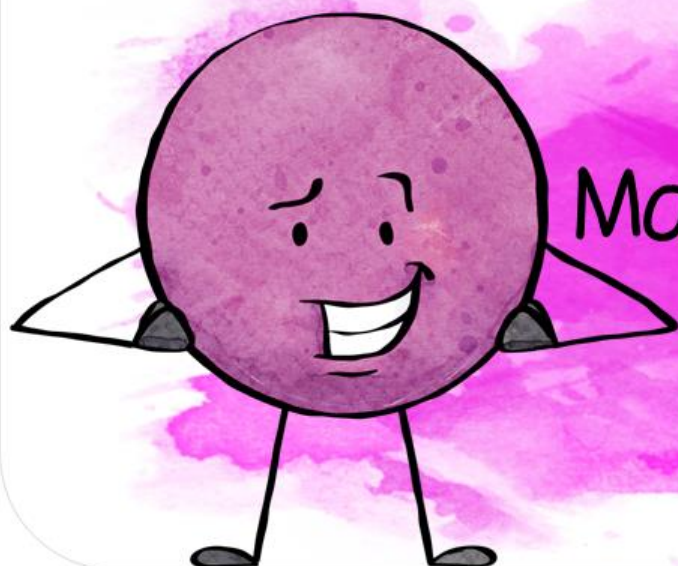
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Worry Be Gone

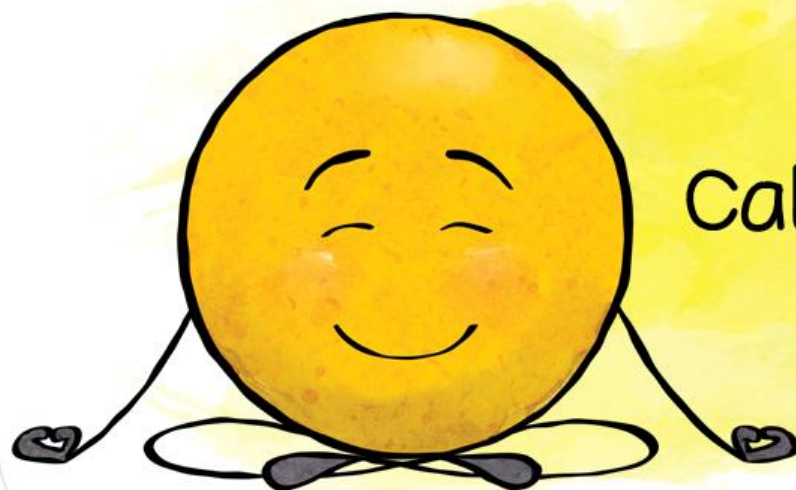
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Apply to the front side of the spray bottle.



Make Me Brave

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Calm Me Down

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Apply to the front side of the spray bottle.



Monster Be Gone

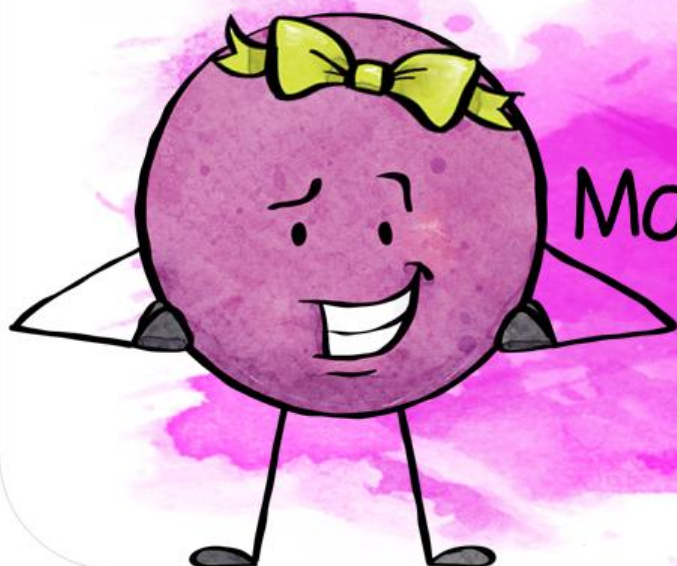
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Worry Be Gone

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Apply to the front side of the spray bottle.



Make Me Brave

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Calm Me Down

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Apply to the back side of the spray bottle.

Please know that I spend a lot of time researching, creating, writing, and proofreading my work. However, typos or grammatical errors still sometimes occur. Please let me know if you find a typo or feel that a correction is needed, by emailing me at thesunnysunshinestore@gmail.com. I value your input to make my products the highest quality possible. Thank you in advance for your help and support!

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