

# DIY CALMING BOTTLE

(FOR AGES 3+)

## INGREDIENTS:

- Clear bottle or jar with a lid that will shut tight (empty water bottles work well)
- Hot water
- Bottle of clear glue (do not use white glue)
- Glitter
- Super glue or hot glue
- Optional: food coloring, glow-in-the-dark pieces, small building blocks, small toy figurines, or anything else that will hold up in water

## RECIPE FOR FUN

Calming bottles are an excellent tool for children that promote relaxation, encourage positive emotions, and provide moments of enjoyment to relieve tension. Good opportunities to use a calming bottle can be after periods of stress, such as a long car trip, arriving home tired from daycare or school, or even before bedtime.

**STEP 1:** Clean your bottle or jar.

**STEP 2:** Fill the bottle about three-quarters of the way with hot water. If you plan to add items in addition to glitter, add less water.

**STEP 3:** Add clear glue to the bottle within an inch or so of the top. Leave a little more room if you will be adding additional items.

**STEP 4:** Add glitter! Allow your child to choose their favorite color or use multiple colors for added sparkle.

**STEP 5:** Shake the bottle well to test how long it takes for the glitter to settle to the bottom of the bottle. If you want the glitter to fall more slowly, add more glue. If you want it to fall more quickly, add more water.

**STEP 6:** Add extra details! Glow-in-the-dark pieces can make it a night light and small toy figurines can personalize the experience! Once you have the result you want, super glue or hot glue the lid shut.