

# ♥ CALM DOWN JAR ♥

help children self-regulate when  
overwhelmed with big feelings

## WHAT YOU'LL NEED

A container (I like to re-use plastic VOSS water bottles)  
One bottle of clear glue or glitter glue  
Glitter of all sizes and shapes. Mix them up, get creative!

## HERE'S HOW TO MAKE YOUR OWN

### STEP 1

fill bottle  $\frac{3}{4}$  full with **warm** water

### STEP 2

add about  $\frac{1}{4}$  bottle of clear glue or glitter glue  
& shake, shake, shake

### STEP 3

add glitter, as much or as little as you want & shake

### STEP 4

add more warm water & shake

