



# Healthy Kids MONTH

## Calming Bottles

Sometimes we may have a meltdown, a tantrum, or something just overwhelms or bothers us! One way to help regulate our breathing and heart rate so that we calm down is through a Calming Bottle! The items inside, such as glitter and sequins, move slowly and swirl around. Observing the slow movements can help focus our attention, slow down our breathing and racing hearts, and regulate our emotions. Not to mention, these bottles are really pretty!

1



### Gather materials:

- Plastic Water Bottle with Lid (empty & clean)
- Glitter Glue (any color)
- Hot Glue / Super Glue
- Duct Tape (optional)
- Sequins
- Glitter
- Food Coloring
- Water

2

### PRO-TIP:

Do not put boiling or extremely hot water into your plastic bottle or it will warp your bottle. If you are using a microwave to warm your water, do so in a glass mug and allow it to cool a bit before adding to your bottle.



Fill your water bottle with warm water leaving an inch at the top.

SPONSORED BY





3



Squeeze in the glitter glue. You can add  $\frac{1}{2}$  a bottle or a whole bottle! Add more glitter glue until you are happy with the amount.

4



Cap your bottle and shake it vigorously until the clumps of glitter glue have dissolved into the water. The warm water will aid in this process. It should leave you with some color and beautiful glitter!

5



Add 1 drop of food coloring. If you want a stronger color, add 1-2 more drops until you reach the desired color.

6



Add sequins to your water bottle. You can add different sizes, shapes, and colors!



7



Add even more glitter to top off your bottle. The more glitter, the more sparkly your bottles will be.

8



Cap the water bottle, shake, and check to see if you want to add more material to it.

9



When you are happy with the outcome, take off the cap, add super glue or hot glue around the rim, and cap your bottle. Allow it to dry.

**PRO-TIP:**

Make sure you can properly close your cap to keep liquid from leaking out!



# 10



For extra security, add duct tape around your lid.

# 11



Once your bottle is fully closed and secure, shake it and watch how the various materials fall inside. Watch the glitter dance, the sequins spin, and tiny bubbles form. How does it make you feel?