

Calm bottles

Calm bottles provide an effective way to help children regulate themselves, when experiencing big emotions. The calm bottle can help to calm, soothe and slow down deep breathing, as they work through their emotions. It's a great addition to a 'calm place box' too!

How to make a Calm bottle

You will need:

A plastic bottle

Mixing bowl

Hot water - not boiling

Whisk

Glitter glue/or glycerine/extra glitter

Food colouring

Mix the glitter glue or glycerine with warm water and add some food colouring and extra glitter if required.

Whisk together vigorously. Pour carefully into the bottle. Leave your bottle to cool, before putting the lid on. Once it has cooled, put the lid on and shake away and watch the glitter swirl around and then start to float!

Let your child explore the calm bottle, when they are feeling big emotions, encouraging them to take deep breaths in and out, as they watch the glitter swirl around and settle.

To make your bottles more sensory you could add, loom bands, beads, Orbeez, buttons or pebbles.

Try making a sensory bottle without using water. You could incorporate a theme, around your child's interests such as:

Dinosaurs

Beach/ocean

Star wars/space

LEGO

