

CALMING BOTTLES

Calming Bottles are often called Cool Down Bottles or Relaxation Bottles. Children can easily create these bottles using water, clear glue, food coloring, glitter and if desired, even sequins and/or small trinkets. (Supervision is recommended for children.)

Times of uncertainty and change can be unnerving for children and teens (and adults too!), and it's not uncommon that children and teens who have experienced trauma and grief can sometimes have a lower threshold for unsettling emotions.

Calming Bottles can be used to help a child re-focus and calm their minds and bodies during times of anxiety, upsetness, anger, frustration, and fear.

When you notice that your child is getting upset or out of sorts, suggest that they make use of their Calming Bottle. Encourage them to shake the bottle as hard as they can and then watch the bottle's contents slowly settle down.



As they watch the bottle's glittery contents, encourage them to take deep belly breaths. As they breath in and out, they can re-focus their attention and their breath on the Calming Bottle instead of on the event or trigger which caused them to feel unsettled.

To create a Calming Bottle, you will need the following items:

- 1 plastic water bottle (Some people choose to use a glass jar but this should be done with caution.)
- $\frac{3}{4}$ c. warm to hot water (not boiling)
- 1 (5 oz) bottle Elmer's CLEAR glue (Not white glue. This is important.)
- Food coloring
- Glitter (amount to your liking)
- Optional: Colored sequins and/or small trinkets like beads

Directions:

Add the water and glue to the bottle. Shake to mix. Add 1-2 drops of food coloring. Start with just 1 drop of food coloring as a little goes a long way. Shake to mix. Add the glitter. Optional: Add trinkets/sequins. Be sure to SECURE the lid tightly so the bottle cannot be opened. It is recommended to secure the lid with hot glue and then cover the glue with duct tape. (Patterned duct tape is especially fun and decorative to use.)

Shake, Enjoy, and Relax!

Additional Resource:

<https://www.youtube.com/watch?v=sT2WjQxuEnE>