

# Calm Down Jar



The calm down jar is a lovely easy way to create something beautiful to help calm children.



## Benefits

The calm down jar will help calm and soothe children during troubled times. It helps them relax and soothe themselves by focusing on the motion happening inside the calm down jar. They are an effective and easy way to help children focus on deep breaths, self-regulate and relax after a temper tantrum, difficult emotions or an upsetting event.

## Materials

- One jar or bottle with a lid
- Water
- Glitter
- Food colouring
- Glow in the dark stars

## Instructions

1. Add water to the jar around three quarters full
2. Add some food colouring
3. Add some glitter - it can be lots of different colours if you like
4. Stick the glow in the dark stars all around the jar

Here is a link to the glow in the dark stars:

[https://www.amazon.co.uk/gp/product/B01HR30VNI/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o07\\_s00?ie=UTF8&psc=1](https://www.amazon.co.uk/gp/product/B01HR30VNI/ref=ppx_yo_dt_b_asin_title_o07_s00?ie=UTF8&psc=1)



Remember to share photos of your personalised jars with us:



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