



Emotional first-aid kit





Calm Bottle:

The "calm bottle" is a tool used to help children concentrate, relax, and regulate their emotions (anger, frustration, sadness).

As we shake the bottle, we watch the glitter move around uncontrollably, just as our emotions sometimes do.

As the bottle remains still, the glitter slowly falls to the bottom. When all the glitter settles to the bottom, we begin to feel better and relax





Using calm bottles can reduce tension in children, promote relaxation, and draw positive emotions.

We suggest using it after some stress, like a long car journey, after a long day of school, or even before getting to bed. Try a soothing environment when handling the bottle; for example, playing quiet music or dimming the lights. It is a pleasure to share more ideas about how to help young children identify and control their emotions when times are tough. We encourage you to try the calm bottle at home and share it with someone you think may benefit. Be sure to share your experiences and pictures with us!

A moment of calm and beauty can make the world a better place...



calm bottle





Ingredients:

- ♥ 1 transparent glass or plastic bottle*.
- ♥ 2 tablespoons of colored glitter (preferably blue or light shades).
- ♥ 2 tablespoons of glitter or clear glue (or baby oil or glycerin).
- ♥ Room temperature water.
- ♥ Food coloring.
- ♥ You can use baby oil or glycerin instead of glue.

The steps are as follows:

- ♥ Pour warm water into the glass bottle (if the child is very young, use plastic bottles).
- ♥ Add two tablespoons of glitter glue and mix well.
- ♥ Add two tablespoons of glitter (in the color of your choice) and mix.4. Add a drop of food coloring of your choice and mix again.
- ♥ Close the bottle (preferably, seal the cap with glue).

