

Calm Down Jars



So, What Is a Calm Down Jar?

Simply put, it's a jar filled with glitter, glue, and water, as well as any other props that appeal to your child, and while they are effective in soothing pretty much anyone, they are especially useful for kids with ASD, SPD, OCD, and anxiety as they help decrease anxiety and fear while also helping with anger management. The act of shaking and watching the contents of a calm down jar settle forces the body to focus, which in turn allows your child to organize her thoughts and 'center' her nervous system. The idea is that, as the items within the calm down jar fall, so will your child's heart rate and rapid breathing, allowing her to gain control over her emotions.

How Do I Use a Calm Down Jar to Calm My Child?

In order for a calm down jar to work, it's important to introduce it to your child *before* he's/she's upset so he/she understands what it is and how it works. Shake it up, give it to him/her, and see what he/she does! If he/she likes it and you find it soothes her, keep it on hand and give it to her the next time he/she feels overwhelmed, and continue using it each time her emotions are running high. This is called co-regulation as you are the one initiating her use of the calm down jar, but over time, your child will hopefully transition to self-regulation by asking or reaching for it when she's feeling anxious, scared, or angry.

1. Gather your supplies:

- **Water bottle** (*I used glass Voss bottles, basically because they are beautiful. You can use plastic, too*)
- **Steel wool** (*to remove Voss logo*)
- **Glitter** (*is there such thing as too much glitter?*)
- **Clear Elmer's glue**
- **Food coloring**
- **EGOOD Glue or Crazy Glue**
- **Warm water**



1. Fill the bottle 3/4 of the way full with warm water
2. Add clear Elmer's glue (*I used one bottle, but wish I would have used a bit more. The more viscous your solution, the longer the glitter will suspend.*)
3. Add glitter. *Lots of glitter. Add any items (beads, letters, etc.)*
4. Squeeze a few drops of food coloring into the water.
5. Super glue the lid shut.
6. Shake and enjoy!

Gather your supplies:

- Water bottle
- Jelly Beadz
- Funnel
- Super glue
- Cold water

To make a mixed bead bottle:

1. Add water to the bottle
2. Use a funnel to drop the beadz into the water bottle
3. Add more water if need
4. Superglue the lid

To make a rainbow bottle

1. Sort your beads by color and put them into bowls
Add water and wait several hours until they are full-size
2. Use a funnel to drop them into the bottle, layering the colors as you'd like
3. Add water to fill
4. Super glue the lid



Information taken from:

<https://www.merakilane.com/how-to-make-a-calm-down-jar/>

<https://especialleducation.com/diy-sensory-bottles/>

