



DIY CALM DOW̄N JAR

SUPPLIES:

- EMPTY PLASTIC BOTTLE, MASON JAR
- CLEAR SCHOOL GLUE
- GLITTER (so much glitter)
- WATER

In the simplest of terms, a "calm down jar" is an attention grabbing tool that kids can use to practice diaphragmatic breathing. Once the ingredients are well mixed, the simple act of shaking the container will create an eye catching glittery display which can have a powerful impact on a child's ability to develop self monitoring skills and stress tolerance.

Once the container has been shaken, have your child hold it upright and still. Help them focus on what is happening inside of the container. Point out the subtle way that each individual glitter flake is slowly descending down through the water. Softly coach your child through several deep belly breaths- in through the nose and out through the mouth. Allow your breath to become audible so your child will naturally begin to mimic the slow pace of your breathe. Continue these deep belly breaths until all of the glitter has reached the bottom of the container--repeat this process until you notice your child's body begin to relax -they may yawn or tell you that they are feeling light headed - both are totally normal).