

Calm Down Sensory Jar



Emotions

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Toddler
1.5 - 2.5 years

Self regulation is a skill that develops as children get older, but it can be very difficult as toddlers when their verbal skills aren't developed yet. With this simple activity, you'll be able to get their mind off of being overwhelmed and upset to calming and soothing.

Learning Outcomes

Domain:

Emotional

Skills:

Self
Regulation

Indicator:

Beginning to show emotion.
Being overwhelmed and recovering.



Materials

- Hard plastic bottle (Voss bottles or Smart water bottles work best)
- Super glue/permanent glue
- Glitter glue
- Filler (Fine Glitter works best for calming)
- Hot water (glue melts better)
- Clear glue (if needed)

Step 1: To make the calming bottle, choose what "filler" to use. It can be pom poms, letters, beads, sequins, etc.).

Step 2: Clean bottle of any adhesive labels

Step 3: Fill a glass jar with hot water and add glitter glue (adding hot water to plastic may melt the bottle!)

Step 4: Pour mixture into bottle.

Step 5: Add glitter. The more you add, the nicer it looks. Adding white glitter makes it extra sparkly.

Step 6: Shake it up and see if it falls too fast. If so, add clear glue directly to bottle. If it falls too slow, add more water.

Instructions

Step 7: Once it is desired consistency, unscrew top and use super glue to fasten top permanently. Allow to dry before allowing children to play with it.

Step 8: Place calming bottle in area of the classroom where children can go to be calm and settle down. This area should be established with soft items like pillows, stuffed animals, rug, etc.

Step 9: You can also fill a bottle with sand and various objects to create an "I Spy" bottle. Have a laminated card nearby with the objects to find. This can be a quiet activity to do during rest time or even at the calming corner as well!

Playful Questions

- What can I do when I'm angry?
- Why does my body feel sad sometimes?
- How can I calm myself down?
- What are things that make you angry or upset?
- What is calm?