

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

- Plastic Bottle - Voss Bottles or Smart Water bottles work best
- Super Glue
- Glitter Glue
- Filler - this can be glitter, pom poms, letters, beads, sequins, etc.
- Glass Jar or Bottle
- Hot Water

📄 Instructions

Step 1: Clean your plastic bottle by removing any adhesive labels and glue. **Homemade Goop Remover:** If you're really in a pinch to get that bottle clean, mix together two tablespoons of vegetable oil and three tablespoons of baking soda into a paste. To use, put a small dollop on the glue and gently rub with fingers.

Step 2: Fill a bowl with what "filler" you want to use for your sensory bottle. It can be pom poms, letters, beads, sequins, etc. Feel free to mix and match! **Pro Tip:** We LOVE adding lots of white glitter because it makes it extra sparkly.

Step 3: Fill a glass jar with hot water and add your glitter glue. Aim for 1/5th glitter glue to 4/5th water. Let the hot water melt the glitter glue. You can also use Elmer's glue!

Step 4: Once the mixture is cool enough, pour mixture into the plastic bottle.

Step 4: Add your "filler" (this could be more glitter, pom poms, etc.). The more you add, the nicer it looks.

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

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

Step 8: Place the sensory calming bottle in an 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.

❓ Playful Questions

- What can I do when I'm angry?
- Why does my body feel sad sometimes?
- How can I calm myself down?