

Calming Bottles



Thank you so much for your purchase! I hope this brings your children hours of fun.

Stephanie

Thank you so much for downloading my Calming Bottles Freebie!

Please feel free to reach out to me if you have any questions, comments, suggestions, or materials you would like me to produce to help you serve the needs of your students. Email: [stephanie at kidsadventureyoga.com](mailto:stephanie@kidsadventureyoga.com)

Check out my TPT store for more games, mindfulness activities, and exciting fitness adventures: www.teacherspayteachers.com/Store/Kids-Adventure-Yoga

How to Use a Calming Bottle:

1. Instruct the children to gather around in a circle and sit in a comfortable position.
2. Explain to the children that this is a Calming Bottle and it can help us learn to calm our minds when we feel stressed, upset, worried, or frustrated.
3. Show the children how the bottle looks when the contents are settled. Explain to the children that this is similar to how our minds are when we are relaxed.
4. Shake the bottle vigorously and have the children observe the changes inside the bottle. Explain to the children that when we feel stressed, our thoughts are whirling around in our minds like the contents inside the bottle.
5. Place the bottle in the center of the circle and have the children observe the contents as they begin to settle.
6. Explain to the children that when we are stressed, we have the ability to settle our minds and find ourselves back to a relaxed state. All we have to do is take a deep breath and give our thoughts time to settle like the contents of the jar.

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Easy Calming Bottle



Supplies: Water, Clear Glue, Glitter

Instructions:

1. Fill the bottle $\frac{3}{4}$ of the way with water.
2. Add the desired amount of glitter (I used fine opaque, pink, and purple glitter).
3. Add approximately 3 tablespoons glue.
4. Put the lid on and shake vigorously.
5. Add additional glue to make the glitter fall more slowly, if desired.
6. Fill the remaining with water.
7. After you are satisfied with the results, it is recommended to glue the lid on with either hot glue or super glue.

Tip: Try it with glow-in-the-dark glue.



Hair Gel Calming Bottle



Supplies: Clear Hair Gel, Food Coloring, Glitter

Instructions:

1. Fill the bottle $\frac{1}{5}$ of the way with the clear hair gel.
2. Add the desired amount of glitter (I used a combination of coarse silver and opaque glitter).
3. Fill the remaining with water.
4. After you are satisfied with the results, it is recommended to glue the lid on with either hot glue or super glue.

Tip: The glitter falls more slowly with this one. You can use a little less hair gel if you would like to fall faster.



Ocean in a Bottle

Supplies: Cooking Oil, Blue Food Coloring, Glitter

Instructions:

1. Fill the bottle approximately 2/3 with water, add a couple drops of food coloring, place the lid on the bottle and shake vigorously.
2. Remove the lid and add the desired amount of glitter (I used fine opaque glitter).
3. Fill the remaining bottle with cooking oil.
4. After you are satisfied with the results, it is recommended to glue the lid on with either hot glue or super glue.

Water Beads Calming Bottle

Supplies: Water, Clear Glue, Water Beads, Glitter

Instructions:

1. Soak the water beads for approximately 24 hours.
2. Fill the bottle with the water beads.
3. Fill the bottle almost the entire way with water.
4. Add the desired amount of glitter (I used fine opaque glitter).
5. Add 1-2 tablespoons glue.
6. Put the lid on and shake vigorously.
7. Add additional glue to make the glitter fall more slowly, if desired.
8. Fill the remaining bottle with water.
9. After you are satisfied with the results, it is recommended to glue the lid on with either hot glue or super glue.





Color Changing Calming Bottle

Supplies: Mineral Oil, Clear Corn Syrup, Wilton Candy Color, Two Small Bowls, Two Stirring Utensils

Instructions:

1. Fill one bowl with enough corn syrup to fill approximately 1/3 of your container, add a small amount of the desired color, and stir.
2. Fill the second bowl with enough mineral to fill approximately 2/3 of your container, add a small amount of the desired color, and stir.
3. Pour the colored mineral oil into the container.
4. Pour the colored corn syrup on top of the mineral oil.
5. Place the lid on the container. If the mixture is too thick to blend well, you can add a little more mineral oil to top off and shake to mix.
6. After you are satisfied with the results, it is recommended to glue the lid on with either hot glue or super glue.

Tip: Be prepared that this very messy and sticky calming bottle to make and does take a little longer for the contents to fully settle after shaking.



Galaxy Calming Bottle

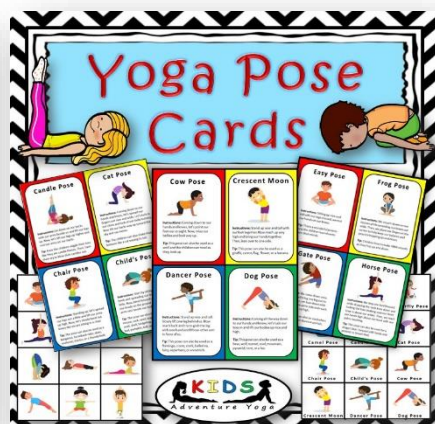
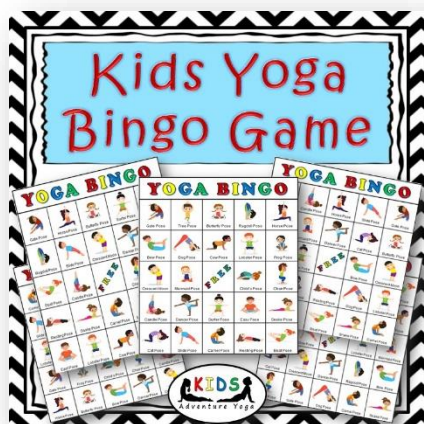
Supplies: Baby Oil, Water, Wilton Blue Candy Color, Glitter (I used a combination of course silver and opaque glitter), Small Bowl

Instructions:

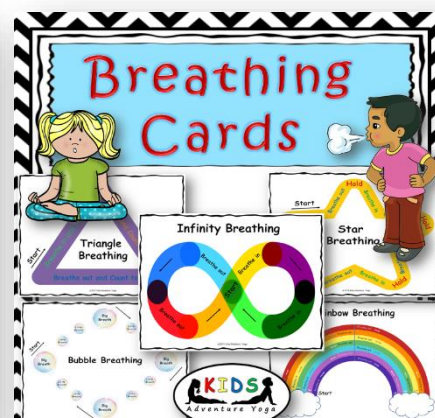
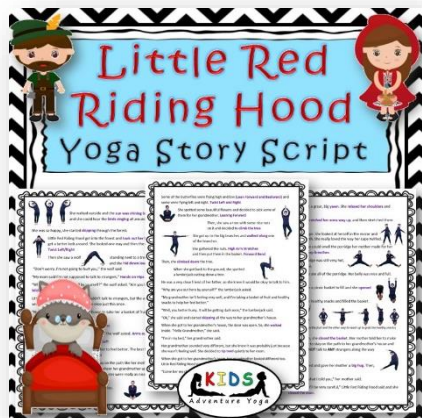
1. Fill the bowl with enough baby oil to fill approximately 1/3 of your container, add a small amount of the desired color, and stir.
2. Pour the baby oil into the container.
3. Add the desired amount of glitter.
4. Fill the remaining bottle with water.
5. After you are satisfied with the results, it is recommended to glue the lid on with either hot glue or super glue.



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