



Calming Jar Instructions

Why it's important?

Young children have a hard time identifying how they are feeling and how to appropriately express these feelings. Many times young children will bite or hit out of frustration or have a hard time calming down after they have had an exciting day. This can be very frustrating for parents, caregivers and early childhood educators but these situations are all a learning opportunity for young children in how to identify and express their emotions.

A calming jar can help children learn how to control their emotions and learn how to self-regulate.

Do this activity with your child and allow them to decide the colors and add the ingredients.

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What you'll need

- Clear plastic container such as a water bottle, pop bottle, juice bottle or mason jar with a top
- Glitter glue
- Food coloring
- Water
- Glitter (any size will work)
- Strong holding glue

What to do

- Clean out the container and remove any labels so you can see through the container
- Fill the container half way full with water, add a few drops of food coloring, about a tablespoon of glitter glue, and a few shakes of glitter.
- Use the strong holding glue and glue the top on to the container.
- Then shake the container up!

How to use

- When your child gets upset they can shake up the container and then set the container down and watch while the glitter settles to the bottom giving them time to calm down.
- Do this as many times as a child feels they need to in order to help them calm down.

