



STORYTIME CRAFT

5/27/2020

Glitter Jar

Children experience many of the same emotions adults do. Often young children find it difficult to express their emotions appropriately and calm down. When a child is feeling upset, a glitter jar can be used as a calming strategy to help regulate big emotions. The glitter inside the jar symbolizes how the child's feelings are swirling around inside. As your child watches the glitter settling down, it has a peaceful, calming effect. This creates the opportunity to talk about their feelings.

Calming Glitter Jar

- Clear plastic container such as a water bottle, juice bottle or plastic mason jar with a lid
- Glitter glue or clear glue
- Glitter
- Strong holding glue
- Food coloring
- Warm water



Start with a clean plastic bottle or jar with a lid. Remove any labels so you can see through the container. Fill the jar about $\frac{1}{2}$ the way full with warm water. Add a few drops of food coloring. Add about a tablespoon of glitter glue or clear glue. Stir the water and glue quickly and carefully until everything in the jar is one consistency. Add glitter to the jar until it is $\frac{1}{2}$ inch to $\frac{3}{4}$ inch deep from the bottom of the jar. Slowly add water to the jar until it is completely full. For extra protection, add strong glue to the inside of the lid's lip before closing. Secure the lid tightly. Allow the glue to dry before shaking the jar. Shake the jar! Watch the glitter settle down.

Belly Breaths



While watching the glitter settle down, encourage your child to take deep belly breaths. Have your child sit with their legs folded and close their mouth. Children should breath in through their nose for three seconds and fill their chest with air - all the way down to their belly! Have your child hold in the air for three seconds and then slowly blow the air out through their mouth.

- Recommended for ages 2+
- Supervise children during play
- Occasionally check lid to assure bottle is secured appropriately
- Do not ingest contents