



Core Competencies: Personal Awareness and Responsibility and ADST – Calm Down Bottle

Curriculum:

Core competencies – Personal awareness and responsibility
ADST

Learning Goals:

- Learn strategies to help manage feelings and emotions.
- Use strategies to increase the feeling of well-being
- Make a product using known procedures

Materials

- Empty clear plastic bottle & lid (old one use pop bottle or water bottle will work) OR clear mason jar with lid
- Mixing Bowl (preferably one with a pouring spout to easily pour into jar)
- Whisk or spoon
- Boiling water
- Elmer's clear liquid glue
- Food colouring (optional)
- Glitter (fine or chunky) Note: Using glitter glue instead of loose glitter can cause the glitter to float longer.

Note: This bottle is made with around 20% glue and 80% water – the measurement for each bottle will differ depending on size.

Activities

Grown-up to do: Boil the water.

Pour the clear glue and hot water into a mixing bowl. If adding colour, add 1-2 drops of food colouring at a time until you get the colour you like. Add glitter (as much as you want). Mix ingredients together with a whisk/spoon. Stir quickly and pour right away into the bottle. This last stir helps the glitter get off the bottom of the bowl. Let water in bottle cool without the lid on. Once it has cooled, put the lid on and secure it with tape, hot glue, or super glue.

Shake the bottle to move the glitter around. While you are watching the glitter settle to the bottom take deep breaths. Breathe in through your nose and out through your mouth. Notice how you feel after the glitter settles.

Take some time in the day to notice when you are feeling upset, worried, or extra excited. When you notice these feelings shake the bottle to watch the glitter settle while deep breathing.