

Name \_\_\_\_\_

Date \_\_\_\_\_

# Calm Down Bottle

**Instructions:** Fill one third of a small plastic bottle with warm water. Add 2 ounces glitter glue, 2-4 ounces fine glitter, and 2-3 drops food coloring. Close the lid tightly and shake to combine. When you're upset, look at the bottle and breathe deeply.

After making a calm down bottle, answer the following questions:

What is a calm down bottle?

How will you use your calm down bottle?

When will you use your calm down bottle?

Draw a picture of your calm down bottle:

