



## Craft: Calming Glitter Bottle

### Supplies

Bottle, clear glue, glitter

### Steps

1. Pour 1  $\frac{1}{4}$  cup (10 fl oz) hot water from the tap, entire Elmer's glue bottle, and glitter into the bottle.
  - a. Optional (but not included in the kit): Add 3-4 drops of food coloring.
2. Tighten lid and shake well until mixed.
3. If there is space left in the bottle, add a little more hot water until the water line is almost at the top of the bottle.
4. Secure lid with hot glue, super glue, or any other strong adhesive.



**Educational Play Benefits:** Fine motor, social emotional learning

**TALK** through the mixing process. "The glue is slow and sticky and we have to squeeze it out of the bottle. The water is hot--look at the steam! Don't touch because you will get an owie."

**SING** the calm-down song below if your child is experiencing frustration, anger, or being overwhelmed. This may help your child focus on something else, breathe, and calm down. They may not get it on the first, second, or tenth time but repetition is key and will be worth it.

**READ** books about managing anger such as *Hands Are Not for Hitting* by Martine Agassi, *Calm-Down Time* by Elizabeth Verdick, or *Llama Llama Mad at Mama* by Anna Dewdney.

**WRITING** requires the ability to use a pincer grasp. Twisting the cap, and gripping and shaking the bottle will strengthen hand and finger grip--essential functions for grasping a crayon or pencil as they get older.

**PLAY** by looking through the bottle and seeing a glitter world right in your home. If you have time and more supplies, make a rainbow of glitter bottles and practice color matching at home. Gather items from around the room that match the color inside the bottle.



Turn over paper for song



**The books in your February box are due back on March 15**

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## **“Glitter Jar Song” from PBS TV show *Esme & Roy***

When the glitter starts to fall like snow  
Take a deep breathe nice and slow

Watch as it settles all around  
Feel your body calming down

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CAUTION: Choking hazards may be present for children 0-3. Adult supervision required.