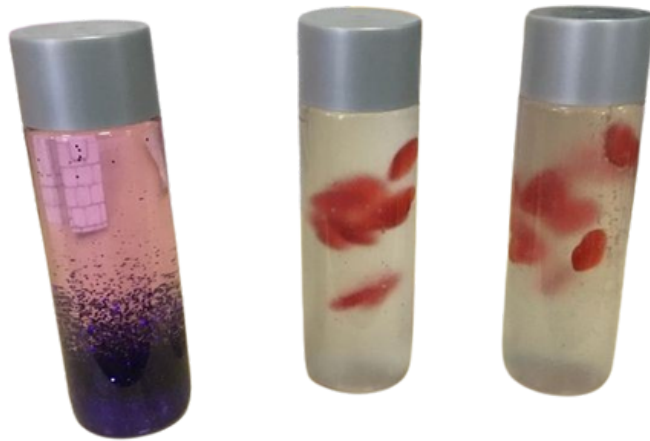


Calming Jars

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor." - Thich Nhat Hanh

Calming Jars are fun to make and a great way to practice breathing in and out, while learning that even shaken emotions will eventually calm down!





Calming Jar With Liquid Soap and Red Hearts

Clean Voss water bottle (take off the label)
Clear liquid soap or dish soap, the thicker the better
Red acrylic hearts

Make it: Fill the bottle with liquid soap. If it is too thick, you can add a little water. Then add a handful of hearts.

Put the lid on and shake to make sure your calming jar is working.



Calming Jar With Clear Glue And Glitter

Clean Voss water bottle (take off the label)
Elmer's Washable Clear Glue
Water
Mixing bowl
Whisk
Glitter
Food coloring if you wish

The recipe calls for 20% glue and 80% water (you can use room temperature or hot water).

I used 50% Elmer's washable clear glue, 50% water, and as much glitter as desired.

Make it: Pour Elmer's clear glue and water into the mixing bowl, then add glitter (you can also add food coloring). Whisk this mixture with your whisk. When everything is blended, stir vigorously, then pour right away into the water bottle.

Put the lid on and shake to make sure your calming jar is working. If your bottle isn't quite right, play around with the ratios of glue and water (you can try using hot water too). After your bottle is just the way you like it, you can put the lid back on. For extra security you can seal it with super glue. If you used hot water, make sure it has cooled before you put the lid on.

Make sure to clean your bowl right away.