**Calm Down Jar**

**How does it help students?**

* **Improve the ability to sense more clearly what is happening in their bodies**
* **Relief from stress**
* **Use a calming strategy**

**What will we need?**

**Clear tacky glue**

**Water**

**Mixing bowls**

**Food Coloring**

**Glitter**

**Paper towels**

**Funnel**

**How do we do it?**

**Proportions: My bottle is 1/4 tacky glue and 3/4 water.**

**Make it: Pour Elmer’s clear glue and hot water into the mixing bowl, along with some** [**Liquid Watercolor**](http://www.jdoqocy.com/click-7229934-10651292?url=http%3A%2F%2Fwww.discountschoolsupply.com%2FProduct%2FProductDetail.aspx%3Fproduct%3D16821&cjsku=16821) **or food coloring, and glitter. Now mix with the whisk. When everything is blended, mix vigorously then pour right away into the water bottle. The last stir helps get the glitter to transfer to the water bottle instead of settling in the mixing bowl. I just add a  bit more hot water to the mixing bowl if there is some that is stuck. Then I clean the residual glitter out with a paper towel before rinsing and cleaning it out.**

**Additional Notes:**

* **One can use plastic discs, small plastic toys, stars, etc.**

**Reference: https://lemonlimeadventures.com/simple-rainbow-calm-down-jars/**