

Let's make a Calm Down Bottle!

- Get a clear plastic bottle with a tight lid.
- Fill it halfway with warm water.
- Add clear glue or glitter glue to slow the glitter movement.
- Add your favorite glitter, confetti, or tiny beads.
- (Optional) Add a few drops of food coloring.
- Fill the rest with more water.
- Grown-up help: Seal the lid with strong glue or tape.
- Shake it gently and watch the glitter fall, breathe slow and relax.

