

Calming Glitter Bottle



When we are grieving, we might feel lots of big feelings or have lots of thoughts racing in our minds. Before feelings and thoughts become overwhelming, it's good to take a break and let the feelings and thoughts calm down. In this activity we give instructions on how to make a calming glitter bottle, which is a tangible way to help ourselves take a break.

Supplies:

- Glycerin
- Clear soap
- Warm water
- Clear bottle with lid
- Paper towels
- Glitter
- Clear glass marble

Instructions:

1. Fill clear bottle three-fourths full with warm tap water. Add glycerin almost to the top. Add three drops of clear soap to the bottle.
2. Replace lid and shake bottle to dissolve glycerin.
3. Remove lid and soak up extra suds at the top of the bottle with a paper towel.
4. Add glitter to bottle and clear marble.
5. Replace lid tightly and shake bottle.
6. As the glitter settles, take several deep breaths and feel your feelings and thoughts start to settle along with the glitter.

As you do this activity with your child, here are some things you can discuss.

Talk with your child about what the glitter looks like when it is shaken. Compare their emotions to the glitter in the bottle. The glitter is all over the place and needs to settle to the bottom before it is clear. The emotions we feel after the death of a loved one can be just like the glitter and cloud up our mind. Sometimes it is helpful to calm ourselves so that we can see clearly and process our feelings and understand them better. When we feel calm, we can start to make a plan. For example, you can do deep breathing exercises or stretch out on the floor and close your eyes and imagine a safe and calm place. We don't want our feelings to disappear but it is helpful to allow them to calm down so we can see more clearly and direct our energies towards helpful resolutions to our grief.

The calm down jar can also be reserved for "Take a Break" zones where kids can go to calm down from having really big emotions or feeling and they are too anxious to self-regulate. It can also be used as a motivator to clean up quickly to get back and watch the swirling wonder before it completely settles.