

GUIDING PRINCIPLE 3

ENHANCING STUDENT AUTONOMY AND RESPONSIBILITY



Strategy: Sensory Calming Bottles

Audience: Kindergarten to Grade 8

What:

- Sensory Bottles can serve as a visual “anchor” to bring a student’s focus into one place when feeling dysregulated
- The child can shake the bottle at whatever pace they need. This provides calming input and a physical outlet
- The descent of the shaken glitter can serve as a visual model that, often unconsciously, can slow heart rate and respiration. It can be an external cue to assist with deep breathing

How:

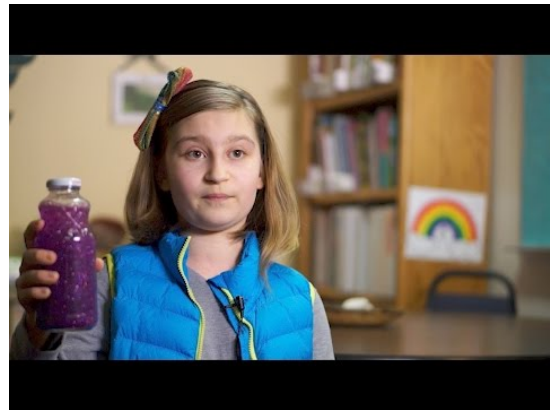
- Fill half the bottle with hot water
- Add the glycerin and stir/shake well
- Add glitter glue, glitter, food colouring (optional), and jewels. Let the student be creative
- Once the glitter glue, glitter, and jewels have been added, fill the rest of the bottle with water and put the lid on the bottle
- Shake. It should take at least 2 minutes for the glitter to settle. If not, add more glycerin/glitter glue to the bottle to slow down the glitter
- If the glitter is floating on the surface of the bottle, add a small amount of dish soap
- Glue the top to the bottle before presenting it to the student

Materials:

- 16 oz. plastic bottle (thick plastic is better so it doesn’t break) or bigger, water, glitter glue, glycerin (approx. 2 tbsp.), liquid soap, food colouring, glitter, jewels, and glue gun

Example:

Kids Explain How a
Glitter Jar Calms Them Down



Inclusive Practices to Consider:

- Pre-measure supplies and use a funnel for student’s that require additional fine motor assistance
- App versions available

Reference and Links:

Kids Explain How a Glitter Jar Calms Them Down

<https://www.youtube.com/watch?v=Bqi9JFZVVIg>

Calming Glitter Jars

<https://www.marthastewart.com/1514477/how-to-make-calming-glitter-jars-for-kids>

How to Make a Sensory Bottle

<https://www.theottoolbox.com/how-to-make-sensory-bottle/>