Make a Calm Down Jar



Calm down jars offer a quick way to refocus kids and help them manage difficult emotions. It's hard to keep feeling angry or upset when there is such a mesmerizing bottle in your hands! These calm down jars include more than just glitter and offer nearly endless ways to play. Whether you're looking for a basic calm down jar for helping kids manage their emotions or are looking for a fun twist on the classic, you'll find tons of ideas you can recreate.

Click here for links to make your own calm down jar:

https://www.playdoughtoplato.com/calm-down-jars/