

DO THIS AT HOME
Relaxation in a Bottle

Try this activity at home to reinforce what your child learned about using a relaxation technique to calm himself down.

What the Child Will Learn

This hands-on relaxation activity helps your child begin to develop skills for self-regulation and learn how to move from an excited state to a more calm state.

Materials Needed

clear, empty plastic bottle with lid (a water bottle works well)	marbles
food coloring	sequins
glitter	Super Glue® (adult use only)
heavy tape	vegetable oil
	water

What to Do

- ▶ Before you begin this activity, be sure to talk to your child about the need to rest our bodies from time to time. Ask your child about how he feels when he is relaxed. Ask about ways to relax and settle down when excited.
- ▶ Share that this activity will provide a fun way to help calm excited bodies down, and learn to relax.
- ▶ Help your child fill an empty bottle $\frac{2}{3}$ full of water.
- ▶ Invite him to add a few drops of food coloring. (Red, blue, green, and purple work best.)
- ▶ Fill the remaining space in the bottle with vegetable oil.
- ▶ Encourage your child to add sequins, marbles, and/or glitter.
- ▶ Glue the cap to the bottle and wrap it securely with heavy tape (adult step only).
- ▶ Encourage him to swirl, shake, and spin the water bottle as a technique to help calm him. Remember to encourage deep breathing, as well.
- ▶ Talk your child through the process of relaxation by asking him to make the marbles in the bottle move very slowly from end-to-end and then to make them stop altogether.
- ▶ SAFTEY NOTE: Do not allow your child to chew on this bottle.

*You can download this activity and the other at-home activities in this book at
www.centerforresilientchildren.org/SSES.