

# Calm Bottles

Calm Bottles are a great tool to have on hand! Many children find them calming and soothing to shake and watch - and they are pretty cheap and easy to make yourself. Have them available in your calm zone, try them in your prayer spaces, use them during your breathing prayers or get creative and have fun making them together as a craft activity - the possibilities are endless!

Here are 2 of my favourite types to make but you'll find loads more inspiration online - what about glow in the dark calm bottles for your light party?!



## Lava lamp bottles

### You will need:

a small clean, clear empty plastic bottle  
cold water  
baby oil  
food colouring  
superglue

Fill the bottle about 1/3 full with clean, cold water.  
Add a few drops of food colouring and shake well to mix.  
Top up with baby oil.  
Glue the lid on tightly!

## Glitter bottles

Squeeze the glitter glue into the bottle so that it fills the bottom 2 or 3cm of the bottle.

Add a couple of teaspoons of glitter and a few sequins or beads if you are using them.

Top up with slightly cooled boiled water.

Now you will need to shake, shake, shake for a good few minutes to mix it thoroughly.

While the mix is still warm, the glitter will fall very quickly - but once it cools it will swirl and fall more slowly.

### You will need:

a small clean, clear empty plastic bottle  
clear glitter glue  
glitter, sequins and or beads  
boiling water  
superglue

