

Behavior Bytes

Calm Down Bottles

Making calm down bottles at home is excellent for emotion management, coping skills, and body awareness.

SEL Competency

- **SELF-AWARENESS**, which is the ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior; and accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."
- **SELF-MANAGEMENT**, which is the ability to regulate one's emotions, thoughts successfully, and behaviors in different situations—effectively managing stress, controlling impulses, and motivating oneself; and the ability to set and work toward goals.

Supplies needed:

- Recycled water bottle
- Water
- Clear glue
- Food coloring
- Glitter

Directions:

1. Fill a water bottle with room temperature water leaving about two inches not filled with water.
2. Add about an inch of CLEAR glue (it does not have to be exact).
3. Add 2-3 drops of food coloring.
4. Add as much glitter as you want using a funnel. I made a makeshift funnel out of a piece of paper; a funnel works too! (Note: if you add too much glitter, it will take longer to settle.)
5. Shake it up, and voila-- you have a calm down bottle!
 - Bonus-- teach breathing techniques to use with your calm down bottle!
 - For more information on breathing techniques and deep breathing, [click here](#).

Behavior Bytes

Homemade Playdough

Playdough is great for sensory input, anxiety reduction, and FUN!

SEL Competency

- **RELATIONSHIP SKILLS**, which is the ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups, communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.
- **SELF-MANAGEMENT**, which is the ability to regulate one's emotions, thoughts successfully, and behaviors in different situations—effectively managing stress, controlling impulses, and motivating oneself; and the ability to set and work toward goals.
- **SOCIAL AWARENESS**, which is the ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures; to understand social and ethical norms for behavior; and to recognize family, school, and community resources and support.

Supplies needed:

- 4 cups of flour
- 1 cup of salt
- 4 tablespoons of cream of tartar
- 4 tablespoons of vegetable oil
- 3 cups of boiling water
- Food coloring (optional)

Directions:

1. Combine flour, salt, and cream of tartar.
2. Add the oil.
3. Slowly stir in hot water.
4. Stir and knead until well-combined and slightly sticky.
5. Add drops of food coloring and knead.
6. Add handfuls of flour as needed and knead on a flat surface.
7. Share with a friend and Enjoy!
 - Store in a ziplock bag at room temperature or in the refrigerator (usually lasts for a week).

For more resources on Ms. Kirk's At-Home Resources, [click here.](#)