

DIY Calm Down Bottle - A Sparkling Way to Soothe Big Feelings

A swirl of stars in your hand-this



TIME
10 min

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INGREDIENTS

1 clear plastic bottle (8-16 oz, Voss or any smooth-sided bottle)

Warm water

... cup clear glue or glitter glue

Fine glitter (blue, silver, lavender, or ombrØ tones)

Food coloring

Sequins

Tiny beads

Confetti

Glow-in-the-dark glue or paint

Super glue or hot glue (for sealing the lid)

? Step-by-Step Instructions:

1. Prep the Bottle:

Clean your bottle thoroughly.

Remove all labels to keep the view crystal clear.

2. Add Warm Water:

Fill the bottle about $\frac{3}{4}$ full to make blending easier.

3. Add the Glue:

Pour in ... cup of clear or glitter glue. The more glue, the slower the glitter swirls.

4. Customize Your Sparkle:

Add glitter, sequins, food coloring, or other creative touches.

Try lavender tones for calm or glow paint for nighttime relaxation.

5. Top Off and Mix:

Fill with warm water, leaving a small gap at the top.

Screw the lid on and shake gently to mix.

6. Adjust the Flow:

Too fast? Add more glue.

Too slow? Add a bit more water.

7. Seal the Lid:

Remove the lid and run super glue or hot glue inside the cap.

Screw it back on tightly and let it dry completely.

8. Relax and Enjoy:

Shake, flip, or roll the bottle and watch the magic happen.

Use it during time-outs, mindful minutes, or bedtime routines.

Tips for Success:

Test the flow before sealing the lid permanently.

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12. Screw it back on tightly and let it dry completely.
13. Relax and Enjoy: Shake, flip, or roll the bottle and watch the magic happen.
14. Use it during time-outs, mindful minutes, or bedtime routines.
15. Tips for Success: Test the flow before sealing the lid permanently.
16. Use a clear bottle for best visual effect.
17. Pair with soft music or breathing exercises for added calm.
18. Keep a few on hand with different colors for different moods.

19. Perfect Pairings: This calm-down craft fits right into a creative, fun-loving day. Pair it with:
20. DIY : Sidewalk Chalk for an active outdoor follow-up
21. Spring : Flower Pretzel Bites to brighten the mood with a snack
22. Unicorn : Poke Cake for a magical treat post-craft
23. Unicorn : Poop Bark to match the glittery joy
24. Storage and Use Tips: Seal lids well for safety and mess prevention.
25. Store upright on a shelf or in a calming corner.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/diy-calm-down-bottle-a-sparkling-way-to-soothe-big-feelings/>