



Calm down Bottle



Calm down bottles can be used to support your child to self-soothe and self-regulate their emotions after experiencing a meltdown or tantrum.

Your child can focus on the motion happening inside the bottle, enabling them to regain control.

Things you will need

- Small bottle (make sure it will hold liquid tightly)
- Vegetable oil
- Food colouring



1. Fill half of your bottle with water
2. Add two drops of food colouring.
3. Add vegetable oil to the bottle.
4. Ensure the lid is secure.

Top tip... Place a layer of super glue inside the bottle top, so that when it is screwed on tight it is very securely held shut.