

Calm Down Bottle – Do It Yourself

Materials:

Various small items from around the house like Sequins, Beads, Gems, Tiny Toys

Glitter

Any type of clear bottle

Recycle a water bottle or Mason Jar

Soft Soap Clear Hand Soap

Water

Low Temp Glue Gun



Procedure:

Fill the water bottle with 3/4 cup of warm water. Using warm water helps the soap mix with the water easily.

Drop in whatever craft decorations you want to use. For this bottle we put in shiny beads, craft gems, glitter and sequins.

Fill the rest of the water bottle up with the Soft soap clear liquid hand soap. Make sure you fill it all of the way to the top because bottle works best with no air and minimal bubbles in it.

Put the lid on and move the bottle around. Once you're sure this is how you want your bottle to look, secure the lid with a low temperature glue gun.

Put the glue around the edges to prevent leaks and also to prevent your kids from opening it and spilling the contents. Once the glue has dried your bottle is ready to use!

Credit:

<https://mamainstincts.com/foolproof-calm-bottle/>