HOPE for HIE SUPER SIBS

HEARTS CONNECTED LOSS PROGRAM

CALMING OCEAN

When kids are upset their bodies feel dysregulated and out of control. Regulating the nervous system helps kids calm down and manage their feelings better. The combination of visual focus and movement is soothing to watch.

SUPPLIES:

- Clear bottle with screw-top lid
- Water
- Light corn syrup
- Hot glue gun
- Food coloring
- Glitter or sequence

WHAT TO DO:

- Fill the bottle halfway with water
- Add a few drops of food coloring
- Fill the rest of the bottle with oil/corn syrup
- Add glitter if using
- Glue the lid to prevent spills and removal

USE IT LIKE THIS::

- Shake it quickly and watch it separate
- Watch the glitter float slowly and count until it is all settled
- Gently tip, spin or roll to see what happens
- Bring it out for certain occasions like car rides or doctor appointments only
- Keep it in a calm down box or calm down corner