



LOVE

MAXIMIZE LOVE
MANAGE STRESS



KENT COUNTY
success
starts
early

SUCCESS BASICS

Calm Down Jars

Find a glass or plastic jar with a lid and fill it with water. Add glitter glue, glitter, pompoms, beads or other interesting things you find. When your child is upset, frustrated or needs to take a break, ask them to shake the calm down jar and wait until the glitter settles.

What this is teaching:

- a) Your child is learning to use distraction to cope.
- b) Your child is practicing self-regulation by waiting and watching.
- c) Your child is practicing to think and focus.

KDL[®]
Kent District Library
kdl.org/earlylit
successstartsearly.org