



ACTIVITY CART IDEA.....Sensory: Calm Down Bottle Intervention April 2020



I have been thinking residents may need extra coping skills during this challenging time. Previously, I made these bottles for my Sensory Workshop using upcycled Voss or Fuji water bottles (square, don't roll off table). Prompts use of what we have while a provide coping strategy for residents.

Understanding that people like to:

- **hold** things
- weight of an object can help **soothe** the nervous system
- liquid in the jar, **moving** it in the hand can soothe (recall how movement of water in a pool/ocean can soothe a soul)
- objects floating in jar offer **visual** tracking
- instructions (pg. 2) offer suggestion to **calm down, slow down**
- time how long it takes for objects in jar to "settle down, gives person a **time frame** to focus & calm
- introduce **breath work** too
- My favorite is **4/7/8** = inhale 4 seconds, hold breath 7 seconds, exhale 8 seconds

Objectives:

- provide resident choice of items in jar (if safely appropriate)
- offers learning opportunity to master new coping skills
- empowers residents to self-regulate when feeling distressed

Materials

11 oz upcycled water bottle and 7 oz water

7 – 0.75-inch white tinsel pom poms (with tinsel trimmed off)

3/4 tsp blue and silver chunky glitter

Fill remainder of bottle with clear Elmer's glue (approximately 4 oz) – Amazon

super glue (for gluing the lid shut) and black sharpie for resident name and room number



Process:

Activity Team uses what they have. A MILLION assorted small items leftover from projects (that we always keep, knowing that we can use them in another project-thrifty, savvy are we ;)

Activity Cart: Create a "buffet of items". Residents, from their doorway can select items and you assemble. Hot glue/ super glue lid, closed. Label with residents' name and room number.

Always remember, safety first.



Stay brilliant!!

Nancy Richards, ADC/EDU/MC

P.S. Stay in touch and keep UP your important work within the care journey of life.

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Adapted from this source: <https://www.teainthewild.com/gentle-rain-sensory-bottle/>