

# Calm Down Jar: A Simple and Effective Emotional Regulation Tool for Children

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**Target Age:** Children aged 3–10

**Application Scenarios:** Calm-down corners in classrooms, emotional management at home, psychological activity classes

**情绪瓶：**帮助孩子冷静下来的一项简单有效的情绪调节工具

作者：GlobalEduShare 教育团队

适用年龄：3–10 岁儿童

适用场景：教室冷静角、家中情绪管理、心理活动课

## What is a Calm Down Jar?

A Calm Down Jar is a simple yet visually engaging tool that helps children calm down when feeling upset, anxious, or angry. By observing the glitter settling, children can shift their focus, ease their emotions, and learn self-regulation.

It combines visual stimulation, deep breathing, and waiting practice, making it ideal for preschool and elementary-aged children—especially those with emotional regulation difficulties, ADHD, or on the autism spectrum.

## 什么是情绪瓶？

“情绪瓶”（Calm Down Jar）是一种简单但极具视觉引导力的工具，帮助孩子在情绪激动、焦虑、愤怒时，通过观察闪粉沉降过程，转移注意力，缓解情绪，学习自我调节。它结合“视觉刺激+深呼吸+等待训练”，非常适合幼儿园、小学阶段的孩子，尤其对有情绪管理困难、多动冲动、自闭谱系等特殊需求的儿童也非常有效。

## Why Do Children Need a Calm Down Jar?

Common emotional challenges include:

- Sudden crying or screaming in class
- Loud arguments after conflicts with peers
- Emotional outbursts when parents say “no”
- Frustration when unable to express due to limited language skills

These reactions indicate a lack of self-regulation. For young children, simply learning to 'wait a moment' is a valuable skill. The settling process of the jar acts as a visual 'calm-down timer'—a gentle psychological guide.

## 为什么孩子需要“情绪瓶”？

常见的情绪挑战包括：

- \* 在教室里突发哭泣或尖叫
- \* 与同伴发生冲突后大声争执
- \* 家长说“不”时情绪失控
- \* 想表达但语言能力不足时感到挫折

这些反应其实是\*\*自我调节能力不足\*\*的表现。对于年幼的孩子来说，能“等一等”本身就是一种需要培养的能力。情绪瓶的沉降过程就像一个可视化的“冷静倒计时”，是温柔的心理引导工具。

## How to Make a Calm Down Jar?

### **Materials Needed:**

- Clear plastic or glass bottle with lid
- Warm water
- Shampoo or clear glue (for thickness)
- Glitter/sequins (recommended calming colors: blue, purple, silver)
- Optional: Food coloring for visual effect

### **Steps:**

1. Fill the bottle with warm water up to 3/4 full;
2. Add a suitable amount of shampoo or glue, stir well;
3. Add a small amount of glitter and sequins (too much can slow settling);

4. Add food coloring if desired;
5. Tighten the lid and seal it (tape or hot glue recommended to prevent leaks).

### 如何制作一个情绪瓶？

#### 材料准备：

- \* 透明塑料瓶或玻璃瓶（带盖）
- \* 温水
- \* 洗发水或透明胶水（增加稠度）
- \* 闪粉 / 亮片（建议使用蓝色、紫色、银色等冷静色调）
- \* 可选：食用色素（增加视觉美感）

#### 步骤说明：

1. 倒入温水至瓶子的 3/4 处；
2. 加入适量洗发水或胶水，搅拌均匀；
3. 加入亮片和闪粉（少量多彩，过多会阻碍沉降）；
4. 滴入色素（根据需要）；
5. 盖紧瓶盖并封口（建议使用胶带或热熔胶以防渗漏）。

### How to Use the Calm Down Jar in Teaching and at Home?

#### Example Usage Scenarios

- Classroom Calm-Down Corner: When a student becomes emotionally agitated, the teacher can guide them to the calm-down corner to quietly observe the jar until the glitter settles.
- Emotional Outbursts at Home: When a child cries or throws a tantrum at home, parents can gently say, “Let’s watch how the glitter in the jar calms down.”
- Daily Emotional Practice: Use the jar as a mindfulness tool during morning meetings or bedtime routines to guide deep breathing exercises.

#### Suggested Guidance Phrases (Bilingual)

我们一起看一看里面发生了什么。

Let’s watch what’s happening inside the bottle.

你现在准备好说说刚才发生什么了吗？

Are you ready to talk about what happened?

就像这些亮片一样，我们的心也会慢慢安静下来。

Just like this glitter, our hearts can settle down too.

### 如何在教学和家庭中使用情绪瓶？

#### 使用场景举例

- 教室冷静角：当学生情绪激动时，老师可以引导他去冷静角，安静观察情绪瓶直到沉淀完毕。
- 家中情绪爆发：孩子在家庭中哭闹时，父母可用温柔语气说：“来，我们一起看看瓶子里的亮片是怎么变安静的。”
- 每日情绪练习：晨会/晚间例行活动中作为冥想工具引导深呼吸练习。

#### 引导语句推荐（中英文双语）

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### Educational Significance and Psychological Principles

#### Functions: Supporting Child Development

- Externalizing emotions – Helps children turn abstract emotions into observable objects
- Waiting to calm down – Cultivates delayed gratification and impulse control
- Breath-linked focus – Establishes a "breathe–observe–calm" neural pathway
- Self-regulation training – Lays the foundation for SEL (Social Emotional Learning) programs

### Research Support:

Child psychology studies show that [Visual Meditation Tools](#) can effectively reduce emotional fluctuations, enhance attention, and promote the development of the prefrontal cortex (responsible for self-control and decision-making).

### 教育意义与心理原理

作用： 对应儿童发展功能

- 外化情绪 帮助孩子将抽象情绪具象化成可观察对象
- 等待冷静 培养延迟满足、抑制冲动
- 深呼吸联动 建立“呼吸—观察—冷静”神经通路
- 自我调节训练 为 SEL（社会情绪学习）课程打基础

研究支持：

儿童心理研究表明，[“视觉冥想类工具”](#)能有效减少情绪波动、提升注意力，并促进大脑前额叶（主管自控与决策的区域）发育。

### Summary

The "Calm Down Jar" is not just a fun little toy—it's a gentle psychological intervention. It tells children: "It's okay to feel emotions. We can choose a way to gently let them go."

If we help children understand and regulate their emotions from an early age, they will develop stronger inner resilience in relationships, learning, and everyday life.

## Resource Links

[PBS Kids for Parents – Make a Calm-Down Jar](#)

[The Inspired Treehouse – Calm Down Jar](#)

## 总结

“情绪瓶”不仅是一件好玩的小玩具，更是一次温柔的心理干预。它告诉孩子：“情绪来了没关系，我们可以选择用一种方式，把它慢慢放下。”

如果我们能从小帮助孩子认识情绪、调节情绪，他们将在人际交往、学习和生活中建立更强的内在稳定力。

## 资源链接

[PBS Kids for Parents – Make a Calm-Down Jar](#)

[The Inspired Treehouse – Calm Down Jar](#)