Each week, our AOTH At Home content will revolve around a specific theme. This week’s theme is **Calming Corner**! Chat with your little one about deep breathing and how to calm themselves down when they’re upset. It’s always good to allow them to express their feelings and when they feel upset, there are some tools that can help them.

### Make a Sensory Bottle
Using an empty plastic bottle, some water, glitter, and food coloring, create a calming sensory bottle for when your little one gets anxious. You can also create different speeds of movement by using different materials like baby oil or corn syrup, in addition to the water.

### Zen Bracelet
Make a zen bracelet using a pipe cleaner (or yarn) and beads. Have your child feed the pipe cleaner through the small beads one at a time to work on their fine motor skills and pincher grip. Afterwards, have them count their beads and tell you what each color or bead means to them.

### Calming Corner
We all love pillow forts. We all love books. Why not put the two together and create a secret reading corner for your little one to take their stuffed animals and having a quiet space? Spruce it up with some twinkle lights and calming music. One of our favorite playlists is called "Ocean Sounds" on Spotify.

### Lavender Sensory Dough
Using flour, essential oils, food coloring, salt, hot water, and cream of tartar, you can create your own play-dough. Used as a pre-nap activity, the lavender helps calm us down, and the dough texture is great for busy little hands. [Click here for our instructional video.](#)
AOTH @ HOME:

MAY 25 - 29: TRANQUIL RETREAT

Reading List

Scaredy Squirrel by Melanie Watt
The Dark by Lemony Snicket
Ready for Anything by Keiko Kasza
Quiet by Tomie dePaola
Here and Now by Julia Denos
The Rabbit Listened by Cori Doerrfeld
I am Loved by Nikki Giovanni

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