



arts on the
horizon

Theatre for children 0-6 years
old in Northern Virginia



AOTH @ HOME:

MAY 25 - 29: TRANQUIL RETREAT

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.](#)



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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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