

Prep Academy EHS NTI Menu-24 months and above.

Student Name: _____

Day 9: Choose an activity from each subject area below and initial when completed. Menu should be sent back when the students return to school.

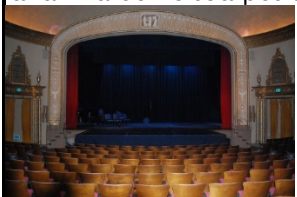
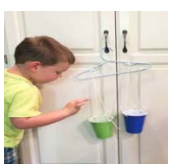
Literacy *CHOOSE ONE!	Math *CHOOSE ONE!	Fine Motor *CHOOSE ONE!	Gross Motor *CHOOSE ONE!	Social/Emotional *CHOOSE ONE!
Have a talent show. Get as many family members involved as possible. 	Utensil Sorting Sort spoons, forks, and knives from the dish rack. 	Tapping/Stamping with a Sponge Activity: Cut a sponge into simple shapes, dip it in paint, and have your child stamp it on paper to make patterns or pictures.	Relay Races: Try playing with eggs and spoons, transporting toys or with water play.	Feelings Nature Walk Go on a walk outside with your child and point out things in nature that reflect different emotions. For example, "The flowers are blooming, and they look happy!" or "The rain makes me feel calm." This helps your child connect their emotions with the world around them.
Hopscotch Write letters and numbers then name the object as you jump in the box	Weighing Fun Compare the weights of different household items using your hands. 	<u>Sponge Squeezing</u> Activity: Provide a small sponge and a container of water. Have your child practice squeezing out the water into a bowl or cup.	Paper Plate Frisbee Toss Tape two paper plates together, and you've got an indoor Frisbee. Teach your children the proper way to toss it, and have fun!	Glitter calming Bottle Activity 
READ A BOOK TOGETHER: Title _____ In addition to the above activities, please read together each NTI day.				

If you have any questions regarding NTI work, please feel free to contact your student's teacher! ☺

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Literatura * ELIGE UNO!	Matematicas * ELIGE UNO!	Motricidad Fina * ELIGE UNO!	Motricidad Gruesa * ELIGE UNO!	Social/Emocional * ELIGE UNO!
Haz un concurso de talentos. Involucre a tantos miembros de la familia como sea posible. 	Ordenar utensilios Clasifique las cucharas, tenedores y cuchillos del estante para platos. 	Golpear/Estampar con una esponja Actividad: Corta una esponja en formas simples, sumérgela en pintura y pídele a tu hijo que la estampe en papel para hacer patrones o dibujos.	Carreras de relevos: Intente jugar con huevos y cucharas, transportar juguetes o con juegos acuáticos.	Paseo por la naturaleza de los sentimientos Salga a caminar con su hijo y señale cosas en la naturaleza que reflejen diferentes emociones. Por ejemplo, "¡Las flores están floreciendo y se ven felices!" o "La lluvia me hace sentir tranquilo". Esto ayuda a su hijo a conectar sus emociones con el mundo que lo rodea.
Rayuela Escribe letras y números, luego nombra el objeto mientras saltas en la caja	Pesando la diversión Compara los pesos de diferentes artículos del hogar con las manos. 	<u>Apretando esponja</u> Actividad: Proporcione una esponja pequeña y un recipiente con agua. Pídale a su hijo que practique exprimir el agua en un tazón o taza.	Lanzamiento de frisbee con plato de papel Pega dos platos de papel con cinta adhesiva y tendrás un Frisbee de interior. Enséñeles a sus hijos la forma correcta de lanzarlo y ¡diviértanse!	Actividad calmante con botella de purpurina 
LEER UN LIBRO JUNTOS: Titulo _____ Además de las actividades anteriores, lean juntos cada día de NTI..				

If you have any questions regarding NTI work, please feel free to contact your student's teacher! 😊



DONKEY HODIE

How To Make A Glitter Jar To Help Kids To Stay Calm

Jun 5, 2023

20 min activity

Here's a step-by-step guide on how to make this glitter jar (or bottle) you can keep on hand to help your child relax and calm down the next time things become overwhelming.

We all have times when we feel stressed, angry, upset, or otherwise overwhelmed. Sometimes children — just like adults — need a moment to calm themselves and gather their thoughts. The difference is that while adults have years of experience in regulating their emotions, articulating feelings, and learning calming strategies, your child does not.

Kids can therefore quickly become overwhelmed by big feelings and stress responses that throw rational decision-making out the window. That's why it's important to help your child learn how to cope with these "big" emotions.

When Donkey Hodie gets upset, she knows that slowing down and taking a deep breath helps her feel calmer. Once she is calm, she can focus on her goal or figure out a way to solve a problem.

Deep breaths are one way to calm down. Together with your child, think about other ways to calm down when upset. Some ideas include taking a walk, counting down from five, or closing your eyes for a few minutes.

You might also try a visual sensory experience that encourages mindfulness, to help bring your child back into the present moment. This simple activity is for you and your child to make your very own mindfulness calm down jar. As they watch the glitter settle, children can calm themselves and return to the present moment.

You might like to call your jar an anger jar or timeout jar. Giving it a label like this reinforces the idea that using the jar is a tool we can reach for when things are getting too much.

Ready to get started? Let's jump into how to make a glitter jar!

Materials

- ☐ A water bottle or plastic jar with lid
- ☐ Clear gel glue
- ☐ Super glue (adult supervision required)
- ☐ Glitter
- ☐ Hot water (adult supervision required)
- ☐ Food coloring (optional)

Directions

- 1** Gather your supplies and remove the label from the water bottle or plastic jar by soaking it in warm soapy water.

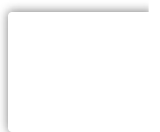




2 Fill the container about 3/4 with hot water — an adult can help here!



3 Add the gel glue to the container. We used 5 oz of glue in a 33 oz plastic bottle, but the amount needed may vary depending on the size of the container.





- 4** Add glitter to the container. Different size glitter will fall at different speeds, so you may like to add a mixture of different types of fine and ultra-fine glitter that will settle at different rates. You can even add larger glitter shapes like stars or sequins, if you have them.



- 5** When you're happy with the amount of glitter, screw the lid on tightly and then shake until the water, glue and glitter are mixed.





6

Set the calm down jar on a flat surface and watch the glitter settle at the bottom.

Now is the time to fine-tune your glitter jar, so talk with your child about the results. *Did the glitter settle fast or slow? Did we use enough glitter? Should we change anything? Do we want to add food coloring?* If you want to make changes, add more clear gel glue to make the glitter settle slower or more water to make it settle faster. Make any changes and then super glue the cap onto the container to seal it shut. Let the glue dry.



7

Once your glitter jar is dry, you're ready to add it to your child's tools and techniques for calming down and feeling mindful. To use it, shake the jar or bottle and watch the glitter settle.

You can use the calm down jar as a quiet visual experience whenever your child needs a calming moment. Encourage them to focus on the glittering contents as it settles down, and invite them to allow that calming feeling to flow through their bodies as well, as they watch the glitter swirl and then settle.

Sensory-Friendly Adaptation

Consider using a smaller bottle that is easier for your child to hold and manipulate, like a spice bottle, thoroughly cleaned plastic peanut butter jar, or small water bottle. Look for lids that will not break when dropped. In addition to food coloring, you could consider using non-toxic liquid watercolor paint. Adding a little bit of cooking oil will also help slow down the glitter to make an even more pleasurable visual sensory experience. Besides glitter, you can also add slightly larger objects like googly eyes, beads, and mini erasers.

Other Ways to Use Your Glitter Jar

Timeout jars can be particularly useful when you combine them with other calming techniques such as deep breathing or counting down. It's important to practice these techniques with your child so that they can learn how to calm themselves with the help of their homemade glitter jar.

Above all, the calming sensation kids experience using a glitter jar is through mindfulness — the feeling of being in the present, experiencing their body and their environment calmly, and not becoming lost in irrational fight or flight responses. Giving kids these mindfulness prompts as they use their glitter jar will help them manage stress better and practice self-control.

As well as using glitter jars to calm down, return to your body, and feel present, you can also use the jar for all sorts of activities with your kid throughout the day! Try setting a challenge where your child needs to brush their teeth, pick up their toys, or clean up from an activity before the glitter settles. The chore then becomes a race against the glitter — a fun incentive to beat the settling sparkles.

Well, there you have it — you just learned how to make a glitter jar! We hope you'll try this fun craft together with your child.

Want more "Donkey Hodie" activities? Check out the Make a Donkey Hodie Puppet craft and the Singing Our Waiting Song activity to continue the fun!

*Original craft idea by Johanna Spaulding. Johanna is a youth minister's wife and a stay-at-home-mom of three. She hopes to stay connected to other moms and connect with new ones through her blog about life, being in a ministry family, motherhood, homemaking, and everything in between. See her blog at **My Crazy Blessed Life**. Photography by Melissa Jackson.*



<https://www.pbs.org/parents/crafts-and-experiments/make-a-mindfulness-jar-or-calming-timeout-timer>





Hagan una jarra de mindfulness con brillo

Jun 5, 2023

Actividades de 20 minutos

A veces los niños (y los adultos) necesitan tomarse un momento para calmarse y organizar sus pensamientos. Cuando Donkey Hodie se frustra, sabe que frenar un poco y respirar hondo le ayuda a sentirse más tranquila. Cuando se ha calmado, puede concentrarse en su meta o encontrar una manera para resolver un problema.

Respirar hondo es una manera de calmarse. Junto con su niño, piensen en otras maneras para calmarse cuando uno está frustrado. Algunas ideas son dar un paseo, contar hacia atrás desde cinco, o cerrar los ojos unos minutos. También pueden intentar una experiencia sensorial visual, como observar el brillo asentarse en una jarra de mindfulness. Hagan su propia jarra de mindfulness con brillo en esta sencilla actividad.

Materiales

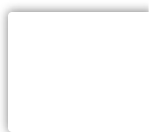
- ☐ Una botella de agua o una jarra con tapa
- ☐ Pegamento en gel transparente
- ☐ Súper adhesivo (se requiere supervisión de un adulto)
- ☐ Brillo
- ☐ Agua caliente (se requiere supervisión de un adulto)

Instrucciones

- 1** Reúnan los materiales y quiten la etiqueta de la botella de agua o jarra de plástico.



- 2** Llenen hasta $\frac{3}{4}$ del recipiente con agua caliente.





- 3** Agreguen al recipiente el pegamento en gel. Hemos usado 5 onzas de pegamento para una botella de plástico de 33 onzas, pero la cantidad que se necesita puede variar de acuerdo al tamaño del recipiente.



- 4** Agreguen brillo al recipiente.

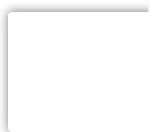




- 5** Cierren bien con la tapa y luego agiten hasta que el agua, el pegamento y el brillo estén mezclados.



- 6** Pongan la jarra sobre una superficie plana y vean mientras el brillo se asienta en el fondo. Converse con su niño sobre los resultados. *¿El brillo se asentó rápido o lentamente? ¿Usamos suficiente brillo? ¿Debemos cambiar algo? ¿Queremos agregar colorante de alimentos?* Si quieren cambiar algo, agreguen más pegamento en gel transparente para que el brillo se asiente lentamente, o más agua para que se asiente más rápido. Hagan los cambios y luego peguen la tapa con súper adhesivo. Esperen mientras se seca el pegamento.





7 Agiten la jarra o botella y vean mientras el brillo se asienta. Use esta experiencia visual tranquila siempre que su niño necesite un momento para tranquilizarse o combínela con otras técnicas como respirar hondo o contar hacia atrás.

¡Esperamos que se hayan divertido juntos! Saquen una foto de usted con su niño haciendo esta actividad y compártala con nosotros en Facebook, Instagram o Twitter. ¡Nos encantaría ver cómo salió! ¿Quieren más actividades de “Donkey Hodie”? Vea la manualidad Hagan un títere Donkey Hodie y la actividad Cantando nuestra canción de la espera para seguir divirtiéndose.

Idea original de manualidades de Johanna Spaulding. Johanna es la esposa de un ministro de jóvenes, ama de casa y mamá de tres niños. Espera mantenerse conectada con otras mamás y conectarse a nuevas mamás a través de su blog sobre la vida, su familia pastoral, la maternidad, la vida doméstica y todo lo demás. Vean su blog en My Crazy Blessed Life. Fotografía de Melissa Jackson.

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<https://www.pbs.org/es/parents/manualidades-y-experimentos/hagan-una-jarra-de-mindfulness-con-brillo>

