



PARENT/TEACHER SCRIPT


THE GLITTER BOTTLE IS LIKE YOUR BRAIN. SHAKE IT UP!

THIS IS YOUR BRAIN WHEN YOU'RE EXPERIENCING A BIG EMOTION, LIKE EXCITEMENT, ANGER, FRUSTRATION, OR FEAR. LOOK AT ALL THAT GLITTER! IT'S REALLY HARD TO SEE THROUGH THE BOTTLE. DO YOU THINK WE CAN MAKE GOOD DECISIONS WHEN OUR BRAIN IS LIKE THIS?

SO WHAT DO WE NEED TO DO? THAT'S RIGHT, WE NEED TO SETTLE OUR GLITTER (LET THE GLITTER FALL).

AS THE GLITTER FALLS, TAKE DEEP BREATHS IN AND DEEP BREATHS OUT. KEEP DOING THIS AS YOU WATCH THE GLITTER SETTLE TO THE BOTTOM. CAN YOU SEE TO THE OTHER SIDE? DO YOU THINK YOUR BRAIN IS READY TO ____ (LISTEN, LEARN, FOLLOW DIRECTIONS, ETC.) NOW?

TAKE A LOOK AND SEE THAT THE GLITTER IS STILL THERE. OUR BIG EMOTIONS DON'T JUST GO AWAY. WE STILL CARRY THEM WITH US, BUT NOW WE KNOW HOW TO SETTLE OUR GLITTER AND GET OUR BRAINS TO THINK CLEARLY.



DIRECTIONS

SHAKE YOUR GLITTER BOTTLE.

AS THE GLITTER FALLS, TAKE DEEP BREATHS IN AND OUT.

REPEAT UNTIL YOU FEEL THAT YOUR GLITTER IS SETTLED AND YOU CAN THINK CLEARLY.



SETTLE YOUR GLITTER



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