



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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