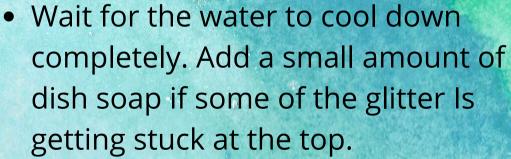
Calming Glitter Jar

- Sensory bottle from <u>Michaels</u>, <u>Voss water bottle</u>, or any other water bottle you have at home
- Fill the bottle up with 80% WARM water and 20% <u>Elmer's clear glue</u>. Do not fill the bottle all the way to the top!
- Shake the warm water and clear glue in the bottle, then add glitter. It is helpful to use <u>fine glitter</u>, but you can also use different types of larger glitter.
- Shake the bottle again and add more glitter until you are happy with your calming jar.
- Add more glue if your glitter falls down too quickly. The more glue you add, the longer It takes for the glitter to fall down.



• Fill the water up to the top

DIY

MINDFULNESS

GLITTER JARS Wrap the top with duct tape to prevent leaks

Shake your calming jar and watch all of the glitter fall down to help feel calm and relaxed!