

Calming Glitter Jar

- Sensory bottle from Michaels, Voss water bottle, or any other water bottle you have at home
- Fill the bottle up with 80% WARM water and 20% Elmer's clear glue. 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 fine glitter, 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.

- Wait for the water to cool down completely. Add a small amount of dish soap if some of the glitter is getting stuck at the top.
- Fill the water up to the top
- 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!

