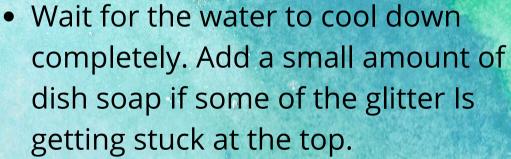
## Calming Glitter Jar

- 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!