

CALMING GLITTER JAR

Purpose: Emotional Regulation, Calm, Focus

Best for ages: 3+

Materials:

- Small jar (make sure it will hold liquid tightly)
- Clear glue
- Glitter (any colors you like)
- A few drops of food coloring
- Hot water
- Whisk or a stick

Directions

- 1. Pour glue and hot water (tap water is okay) into the jar and mix with a whisk.** The glue gives the liquid a different thickness and makes impressive swirls of glitter.
- 2. Add some glitter.** You can start with 1-2 tablespoons of glitter. I prefer to combine both chunky and finer glitter. For a pink jar I used red hearts, purple, pink and iridescent glitter. Iridescent glitter will give a nice lighter look, so be sure to try it out.
- 3. Add a drop or two of food coloring to give it more excitement.**
- 4. When everything is blended, put the lid on and give it a good shake so the glitter is dispersed throughout.**
- 5. Then let it cool without the lid.**
- 6. You can secure the lid with super glue.**

