



Calming Jar

What you'll need:

- An empty jar or container (see through)
- Water
- Glitter glue
- Loose glitter
- Food colouring (optional)
- Crystals



STEP 1

Start by filling the jar

or container with water, leaving around a third at the top (fill it up a little more if you're not including crystals).

STEP 2

Now it's time for fun!

Add in your food colouring, loose glitter and crystals and swirl them around!

STEP 3

Add the glitter glue into the water

the glue won't stick, but rather create a blob of glitter that will softly dance around in the water.

STEP 4

Decorate your jar

with the loose glitter, and any other stickers you might want to use.

STEP 5

Finally, screw on the lid

and make sure it's on tight! You want it to be leak-proof, so you can even glue it shut if you need some additional protection.



When you're feeling stressed or anxious

you can take five minutes with your calming jar, tipping it slowly back and forths to watch the glitter and crystals move around the water. Focus your attention here, being mindful with your movements.