

## Glitter Jar craft activity

Shake your jar or bottle, watch the glitter swirl and as it settles breathe in and out slowly, calming your whole body.

Time required: about 10 mins

### You will need:

- Plastic jar or bottle (holding about 250ml)
- Funnel
- Jug
- Warm water
- Clear glue or baby oil
- Glitter

### Optional:

- Food colouring
- Stir stick



### What to do:

1. Pour the glue or baby oil to fill a quarter of the container.
2. Top up with the warm water until three quarters full.
3. Add the glitter making sure there is enough to be easily seen and to create a generous 'snow' effect.
4. If using food colouring, add 1 or 2 drops (this is where you can stir!)
5. Fill up the container to the top.
6. Secure the lid – make sure it's tight!

Now you have your calming glitter jar, shake it up and watch as the colours sparkle, spin, slow down and settle.

