

Soothing Glitter Jar

Having something to focus on can help you relax. Make your own stress reliever by creating a soothing glitter jar. Remind yourself to *Just Breathe* with this calming glitter jar activity. Perfect for children and adults! The swirling glitter is very calming as it falls to the bottom of the bottle.

If you're feeling stressed, try it for yourself. Shaking the jar feels just as good as watching the last few pieces of glitter fall to the bottom of the jar. Even if you are already feeling calm, try shaking the jar and watching the glitter settle to enjoy the soothing sensation.

Materials:

- Jar
- Warm Water
- Clear Glue
- Glitter Glue (optional)
- Food Coloring (optional)
- Glitter (fine and chunky)
- Stir Stick



Directions:

- Fill plastic jar 2/3rd full of warm water.
- Add glue and/or glitter glue and mix well with a stir stick. The more glue you add, the slower the movement. Finish filling the rest of the jar with warm water (as needed).
- Add 1-2 drops of food coloring (optional).
- Close the cap tightly. Add a thick layer of glue around the rim of the jar and then close tightly. Once the glue dries, it will add protection so it can't spill!
- **Put it to use.** Shake it up and watch the glitter swirl!