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# GLITTER CALMING JAR

GET YOUR PARENTS PERMISSION AND ASSISTANCE

## MATERIALS

*(Note: Makes one jar.)*

- Empty plastic bottle that is easy for little hands to grasp
- Small bowl
- Whisk
- Measuring cup
- 1 cup hot water
- 2 fl oz (about  $\frac{1}{4}$  cup or one small container) of regular or glow-in-the dark glitter glue
- Fine glitter in assorted colors
- Food coloring that matches your glitter selections
- Super glue
- Optional: Funnel



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## **STEP 1**

Wash each bottle in hot, soapy water before using. Let dry and set aside.

## **STEP 2**

Pour the glitter glue into the bowl.

### **STEP 3**

Add hot water to the bowl. Use the whisk to mix the water and glue until the mix is no longer clumpy.

### **STEP 4**

Add glitter to mixture, using the whisk to make sure that it's evenly distribute. Start with a small amount and then keep adding more glitter as needed.

### **STEP 5**

Add one drop of food coloring in a color that complements the color of the glitter that you used. Mix well.

### **STEP 6**

Add additional drops of food coloring until the mixture reaches your desired hue. It's fun to mix colors too!

### **STEP 7**

Pour the mixture back into the measuring cup or use a funnel to transfer the mixture to the bottle.





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## **STEP 8**

Secure the lid and give the bottle a few vigorous shakes to test it out. Once the bubbles subside, add more hot water if you want the glitter to settle faster.

## **STEP 9**

If you want the glitter to settle slower, pour the mixture back into the bowl and add more glitter glue. Mix well with the whisk.

## **STEP 10**

Once you're happy with your mixture, apply super glue to the lid and tighten to keep prying little hands out.