



## Calming Glitter Jars

### Materials:

- Half-pint plastic jar (use any size or reuse a plastic water bottle; increase quantities accordingly)
- Hot water (NOT boiling)
- Small colored glitter
- Large glitter
- Glitter glue
- Super glue (or E6000)
- Measuring spoons

### Instructions:

- 1) Add 1-2 Tablespoons of small glitter and ½ teaspoon large glitter to the bottom of a jar.
- 2) Fill the jar with hot (but NOT boiling) water, leaving about a half-inch head space.
- 3) Add about 2 Tablespoons of glitter glue to the water.
- 4) Run a bead of super glue around the lip of the jar. Screw the cap down tight.
- 5) Shake the jar until the glitter glue is dissolved in the hot water.

### Note:

- Mix colors. When in doubt, add more glitter. Full is better; it adds to the effect.
- Hot water dissolves the glitter glue better than warm water. Boiling water melts the plastic and makes a glitter mess.

### Making and Using Glitter Jars with Youth

Here's another set of instructions for making glitter jars with youth. It includes a nice set of instructions for how to talk about and use the glitter jar:

<https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/>