



MAKE A CALMING JAR

Materials:

- A clear bottle with a tight fitting lid
- Clear glue
- Food coloring
- Glitter
- Warm water

5

1

Begin by filling your jar with warm water to the half-way mark or little more.

2

Add a few drops of food coloring and glitter to your jar.

3

Fill the rest of the jar with clear glue.

4

Screw the lid on tightly and shake it vigorously to mix everything together.

5

Watch as the glitter and glue swirl around and slowly settle to the bottom.

Use your calming jar whenever you need to relax and de-stress. Simply shake it up and watch the glitter swirl around until you feel calm and centered.



The Greenhouse