

DIY Calm Jar

Materials:

Clear jar or bottle

Clear glue

Glitter

Water

Food coloring (optional)

Step 1:

Fill your jar about 1/3 way full with glue. The more glue you add, the longer it will take for the glitter to settle after shaking the jar.

Step 2:

Add glitter, starting with about a tablespoon. You can add different color or sized glitter. Optional: add food coloring to give the water some color.

Step 3:

Fill the jar the rest of the way full with water and stir the mixture together.

Step 4:

Close the jar really tight. Shake the jar, relax, and watch the glitter fall to the bottom. As you watch the glitter fall, take some deep breaths and just focus on the glitter falling.