



# CREATE A CALMING GLITTER JAR

Inspired by *Scaredy Monster*

Sometimes Scaredy Monster needs a little help calming down. Taking a few deep breaths while watching the glitter in this jar swirl and settle will help you feel calmer, too!



## YOU'LL NEED:

- An empty plastic bottle or glass jar with a tight-fitting lid (single-serving soda bottles and 1-pint mason jars work well)
- About 1/4 cup glitter glue or clear glue
- Food coloring
- 2 or more tablespoons glitter



Go slow when using glitter. Work over a sink, paper plate, or tray so you don't make a mess.

1. Fill about a third of your jar or bottle with warm water.
2. Add the glitter glue or clear glue. (Don't worry about exact amounts!) Put on the lid and shake gently until the glue has completely dissolved.

Use more glue if you want the glitter to settle more slowly.

3. Open your jar or bottle and add a drop of food coloring, put the lid on, and shake gently.
4. Open your jar or bottle again and add a tablespoon of glitter. If the opening is small, you might need to use a funnel or small spoon. Put the lid on, and shake gently. Continue to add more glitter, food coloring, or glue until you're happy with the way your mixture looks.
5. When your glitter jar looks just right, add water until there's only about an inch of space at the top. Screw on the lid tightly, give it a shake, and take a few deep breaths while you watch the glitter gently drift and swirl!

