

Make a glitter jar

What do I need?

Jar with lid

Glitter

Clear PVA glue

Warm water

Super glue



Instructions!

1. Make sure your jar is empty and clean.
2. Pour the glue into the jar - the more glue you use, the slower the glitter will move, but don't fill more than a third of the jar.
3. Pour in the warm water until there are a few centimetres of space left at the top.
4. Add your glitter - add as much or as little as you like and in any colours.
5. Tighten the lid onto the jar and shake up the contents (do it over a sink in case of spillage).
6. Once the glitter has settled and you're happy with how it looks, seal the lid closed with some super glue (be very careful not to get the glue on your skin or anywhere else!).
7. If feeling overwhelmed or need to calm down, shake the jar and practice grounding techniques as the glitter settles.

What's the benefit?

Grounding tool
Help with anxiety

Tips/Changes

Instead of throwing away empty jam jars, keep them for when you or someone else wants to make a glitter jar.

You can also use glitter glue instead of PVA glue if you want it extra glittery.

Add a couple of drops of food colouring when you add the water if you want the liquid to be colourful as well.

 Mind Lancashire

