

## Making a Calming Jar



### Make your own Calming Mood Jar

Feeling anxious, sad or angry? Focusing on something else can help you calm down. Shake this glitter filled mood jar and watch as it settles from a whirling storm to a calm glitter sea. It looks great and can help as you take-time out and watch it settle.

- **You will need**
- An empty jar with a tight-fitting lid
- Glitter glue
- Hot water
- A spoon

What to do:

1. Pour a dollop of glitter glue into the jar. How much depends on the jar that you're using, but don't worry, you can always add more if you need to.
2. Get a grown-up to help you add hot water to the jar and stir it with the spoon to dissolve the glitter glue. Do not use boiling water in the jar as it could break the glass.
3. Once all the glue has dissolved, wait for it to cool down before you screw the lid back on. When it's on tight, give it a shake and watch the glitter storm calm down.