

DIY Calm Down Jars

Elementary school/ preschool/ toddler/ stem



Materials

- Recycled clear jar
- Glitter glue
- Extra glitter
- Food coloring
- Warm water
- Decorations (mini figures, toys, etc)

Directions

1. Add about half a bottle of Elmer's Glitter Glue to the jar
2. Add in enough warm water to almost fill the jar. (Save room for shaking and movement in the bottle)
3. Add in a tad bit of food coloring and extra glitter
4. Finally, add in your decorations. Put on the lid and tightly secure it.
5. Shake away & enjoy!