

Do-It-Yourself CALMING GLITTER JAR



A calming glitter jar is a wonderful tool to help your little one calm down. Watching the glitter spin from the top of the jar to the bottom provides time for your child to calm down and process their big feelings.



Materials Needed:

- Bowl
- Empty plastic bottle
- Food coloring
- Funnel
- Glitter glue – 1 container
- Glitter
- Measuring cup
- 1 cup of hot water
- Spoon or whisk

Instructions:

- 1 Pour glitter glue into the bowl.
- 2 Pour hot water into the bowl.
- 3 Use the spoon or whisk to mix the water and glue.
- 4 Mix until the mixture is smooth.
- 5 Add glitter to the mixture.
- 6 Add food coloring to the mixture.
- 7 Use the funnel to pour the mixture into the bottle.
- 8 Put the lid on the bottle.

How To Use:

- 1 Encourage your child to take big, deep breaths while watch the falling glitter.
- 2 When all of the glitter has fallen, encourage your child to talk about their feelings.
- 3 Talk about how they felt before taking deep breaths and using the calming glitter jar. Discuss how they felt after using the calming glitter jar.