

How to make a glitter jar

A great mindfulness tool to help children process big feelings

1. Pour half a cup of distilled water into a jar

Plastic or glass jars work equally well. Your jar needs to have a secure lid. Plastic bottles are also useful if for children who sometimes throw things when angry. Using distilled water will help keep the jar mould free as it contains no minerals or contaminants.

2. Pour half a cup of clear glue into a jar.

Wait a couple of minutes for the glue to settle before adding the glitter. If you are making a larger jar with more glue it will take longer to settle.

3. Add your glitter

Use biodegradable glitter for an eco-friendly option. You will need at least 6 teaspoons of glitter - more if your jar is bigger.

4. Fill the rest of the jar with distilled water

Fill it right up to the top, but be careful to leave enough room to screw the lid on.

5. Secure the lid

To make your lid extra secure you could use a glue gun around the rim, or add tape around it. Make sure it's screwed on as tight as it can go.

6. Shake it like a polaroid picture

Shake it up and shake it well! It may take a night to settle and for the glue to disperse properly in the water. Use whenever children need a moment of mindfulness. Talk about how the glitter in the jar is like their feelings. After a while their feelings will settle, just like the glitter in the jar.