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Calming Jar Activity

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CALMING JAR DIRECTIONS

MATERIALS:

- Plastic jars with lids
 - Remove all stickers and/or labels
 - Make sure the jar is clean
 - Measure the **capacity** if it is not already labeled
- glitter glue
- Hot water
- Krazy Glue
- Measuring cup with spout for pouring
- Stirring stick

Optional items:

- 1–2 teaspoons additional glitter
- Sequins
- Foil stars or other decorations
- Food coloring

DIRECTIONS:

1. Gather supplies
2. Determine the **capacity** of your jar
3. Use about $\frac{1}{3}$ to $\frac{1}{2}$ of your capacity for the glitter glue- put it right in the jar
4. Measure $\frac{1}{2}$ of your capacity HOT water in the measuring cup

NOTE: The water doesn't need to be boiling- just hot enough to speed up the dissolving process of the glue

5. Pour the hot water into the jar. Stir until glue is melted.
6. If you like the color- great. But if you want to change the color, add food coloring ONE DROP AT A TIME. If you make the water too dark, you might not see your swirls.
7. Add additional (optional) ingredients.
8. Fill to the rim with as much water as you need. Leave some room at the top.

When the water is COMPLETELY cooled down, have an adult assist with gluing the lid to the jar with the Krazy Glue. Put the glue around the inside of the jar and quickly screw the lid on. A hot glue gun, if you have one, will help seal the edges.

CALMING JAR DIRECTIONS

Another idea for your jar: Make a Snow Globe

Replace the colored glitter glue with clear Elmer's glue

Make sure to use a wide mouth jar- like a craft jar.

Use Krazy Glue or a hot glue gun to glue plastic decorations to the inside of the lid- make sure you leave room for screwing the cap on.

Crafting foam sheets make great decorations, especially if you want to add some height.

Use the same directions we used to make the calming jars, omitting the "optional items"- you want to be able to see your decorations.

Once the lid is secured, turn it upside down to watch the snow fall!