DIY Calm-Down Jar Recipe

**Ingredients:**

- Glass or plastic jars with lids
- ½ cup glitter glue or clear glue
- Water
- Hot Glue Gun
- 1-2 teaspoons of glitter
- 1-3 drops of food coloring (if using clear glue)

**Directions:**

1. After gathering supplies, pour 1/2 cup of water into the jar. We used 16-ounce glass mason jars, but plastic water bottles would work as well (especially for younger children who may throw them).

2. Invite kids to pour 1/2 cup of glitter glue or clear glue into the jar.

3. If you are choosing to do so, add 1–2 teaspoons of extra glitter to the jar.

4. Fill up the remainder of the jar with water, add food coloring if choosing to do so.

5. Use the hot glue gun to squeeze a ring of glue around the lid of the jar. Press the lid into the jar and secure with the metal ring.

6. Shake the jar well to distribute the glitter (it may take many shakes for the glue to disperse correctly).