

3rd December

Feelings Sparkle Jar



Follow the 'How to make my Sparkle Jar' instructions.

You may want to bring your finished Sparkle Jar with you tomorrow when you open the next calendar door!

Glitter jars are a useful mindfulness tool at home and school. Watching the glitter swirl to the bottom of the jar gives you time to calm down.

You will need: glass/plastic jar with a lid, half a cup of glitter glue or clear glue, water (*distilled water works best, if you can use this, as it doesn't contain contaminants and will help to keep your glitter jar mould-free*), and glitter (any colour/s).

Directions: **pour the water into the jar** - then pour the glitter glue or clear glue into the jar (it will take about 2 minutes to settle) - **add extra glitter** - then fill up the remainder of the jar with water - **ask an adult to use superglue around the lid of the jar & press the lid onto the jar to secure** - Shake the jar well to distribute the glitter.