

12 Days of Winter Break

Mindfulness Glitter Jar

What You Need:

- water bottle or plastic jar with lid
- clear gel glue
- glitter
- superglue (adult supervision required)
- hot water (adult supervision required)
- food coloring (optional)



Photo from pbs.org

Instructions:

1. Fill the bottle or jar 3/4 full with hot water.
2. Add gel glue to the bottle.
3. Add glitter.
4. Screw the lid on and shake until everything is mixed.
5. Set the bottle on a flat surface and watch the glitter settle and think about the results. Do you need more glitter? Do you want to add food coloring? Once you are happy with the final product, superglue the lid to seal it closed.
6. Shake the bottle and watch the glitter settle. Use this as a quiet visual experience whenever your child needs a calming moment or combine it with other calming techniques, such as deep breathing or counting down.

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