Name: _____

Make a Calming Jar

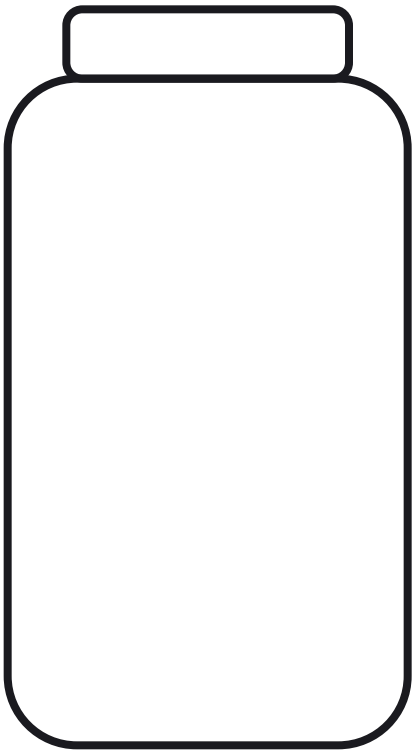
A grown-up helps you make it. Then shake it, watch it and breathe.

You need

- a clear plastic jar or bottle with a lid
- warm water
- clear glue or glitter glue (2 big spoons)
- glitter (1 or 2 small spoons)
- 1 drop of food coloring, if you like
- strong tape or glue to seal the lid

Steps

1. Fill the jar almost to the top with warm water.
2. Add the glue. Put the lid on and shake to mix.
3. Add the glitter and one drop of color.
4. Fill it to the top with water.
5. A grown-up seals the lid with tape or glue so it stays shut.
6. Shake it! Watch the glitter swirl and slowly fall.



Draw the glitter in your jar.
Color the water.

How to use your calming jar

1. When you feel mad, sad or wiggly, shake your jar.
2. Sit still. Watch the glitter fall. Breathe in slowly, breathe out slowly.
3. When the glitter is at the bottom, your body is calm. Now you can talk about it.

For grown-ups: use a plastic container for young children and keep the lid sealed. Glitter is not for mouths.

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