**GLITTER CALMING JAR INSTRUCTIONS**

**Prepare the bottle:** Fill the bottle about ¾ full with water

**Add glycerin:** Pour in glycerin. The more glycerin you add, the slower the glitter will move. Start with about ¼ cup, then add more if you want the glitter to settle more slowly.

**Add glitter:** Add about 1-2 teaspoons of glitter (or more if you want to denser effect). Choose colors that you find calming, or that represent your strengths.

**Add objects:** Add objects that reflect your strengths or things that bring you joy.

**Add food coloring (optional):** If you’d like, add a drop or two of food coloring to tint the water. A small amount goes a long way, so start with just a drop and stir.

**Stir and adjust:** Stir the mixture until the glycerin and glitter are fully combined. Adjust the glycerin-to-water ratio if needed – adding more glycerin for a slower effect or more water for a faster one.

**Seal the jar:** Once you’re happy with the look, add a few dots of super glue to the inside rings of the lid, then close the lid tightly.