

## KEEP IT CALM GLITTER JAR INSTRUCTIONS

To make glitter jars you will need:

- A jar or plastic bottle
- A jug of warm water
- 60ml glitter glue
- 3 drops of gel food colouring
- 60g-80g glitter

Step 1



Add warm water to your jar or bottle until it reaches around a third of the way up.

Step 2



Add the glitter glue and stir until it combined with the water.

Step 3



Add around 3 drops of food colour and stir. You can add more or less depending on your preferred shade, but remember not to add too much or the mixture will become very dark and it will become hard to see the glitter.

## Step 4



Pour in the glitter! Again, you can use more or less than suggested, or go for a mix of chunky and fine glitter to give more texture to your jar. Stir well until combined with the existing mixture.

## Step 5



Top up your jar with the rest of the warm water, until it is almost full. Leave a little gap at the top of the jar to allow the mixture to move.

When you're feeling like you need some time to calm— tip the jar upside down and sit and watch the glitter fall.

During this time, focus on your deep breaths. Breathe in for a count of 5, hold for a count of 5 and breathe out for a count of 5.

Breathing in, I calm my body.



Breathing out, I smile.

Thich Nhat Hanh

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