

Mindfulness Jar

Glitter jars are magical jars, designed to soothe and relax. Give it a good shake, then watch until the glitter settles in the bottom of the jar to refocus and refresh an overwhelmed mind.

You will need:

- Jar with lid or bottle
- warm water
- 1/4 cup of glitter glue
- food coloring
- 1/2 cup of glitter

Procedure:

1. Add warm water to your jar or bottle until it reaches around a third of the way up.
2. Add the glitter glue and stir until combined
3. Add 3 drops of food color 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 too dark.
4. Pour in the glitter.
5. Top up your jar with more warm water, until it is almost full. Leave a little gap at the top of the jar to allow the mixture to move.
6. Screw the lid on tight and shake!

