

# EXPRESS YOURSELF GLITTER JARS



*express yourself*

To make the glitter jar,  
you will need

A jar or plastic bottle

A jug of warm water

Glitter glue

Glitter, sequins or small beads

(Optional) 3x drops food colouring

## Method

Add warm water to your jar or bottle until it reaches around a third of the way up. Add around 60mls of glitter glue and stir until the glue is fully combined with the water. Pour in the glitter! A mix of chunky & fine will give your jar more texture.

Top up your jar with water, leaving a small gap at the top to allowing the mixture to move. Replace the lid, ensuring it's screwed on tightly.

Give the jar a good shake and take deep breaths, letting go of any troubles or worries as you watch the glitter settle.



*calming*