**Calming Bottles/Jars**

**Instructions**

* Plastic water bottle with a lid or a glass jar with a lid.
* One bottle of clear glue (not white glue that dries clear), or glitter glue. Glue/glitter glue works best, but you could also use corn syrup if that’s all you have. You have to pour it directly in the water without letting it touch the sides of the bottle or the glitter will stick to it.
* Water: It can be room temperature if you use regular glue but should be hot (use boiling water) if glitter glue is used. If the water is not hot enough then the glitter will become clumpy and separate.
* Glitter: Add in glitter. You can add sequins, beads, shells, plastic jewels, etc.
* Food colouring: This is optional. Only use one drop or it becomes difficult to see the glitter.
* Strong glue or duct tape: This is used to fasten the lid to the container.