

Make your own calming jar

Tools needed: Plastic jar, glitter, hot water (grown-ups help needed) and clear glue. Optional: Food colouring & sequins.

Instructions:

1. Fill your jar 2/3 full with warm water
2. Fill it almost to the top with clear glue
3. If you are using food colouring put a small dot in to the mixture
4. Mix until you are happy with the colour
5. Next, choose 2-3 glitters and add a spoon of each to your jar
6. If you have them add the sequins now
7. Then, screw the lids on tightly and shake!
8. You may want to put some tape around the edges to make sure it doesn't leak!



Using your calming jar:

- The jars can now become a tool for the children to use when they would like to feel calmer and more relaxed.
- They will need to shake the jar, take a couple of deep breaths and watch all the glitter and sequins swirling around until they all stop and sink to the bottom.

*** You can find a video of this activity on Jenby's Facebook page ***

www.facebook.com/jenbypsychology