

Calm Down Jar Sensory Bottle

You will need:
A jar or bottle, Glitter, Glitter glue,
Gel food colouring, Warm water

Method

1. Add the water to your jar until it is approximately a third of the way up.
2. Add the glitter glue into the warm water and whisk together, until combined.
3. Add a few droplets of the gel food colouring. (Keep in mind to use this sparingly as too much colouring will make the glitter harder to see.)
4. Lets get glittery! Add as much glitter as your heart desires. You can add chunky bits of glitter or fine glitter, or both!
5. Top up your jar with the rest of the warm water, keeping a small gap near the top.
6. Shake, shake, shake!