

'HOW TO'

Activities...

Calming down glitter jar

YOU'LL NEED:

A clear bottle or jar

Glitter

Glitter glue

Gel food colouring

Warm water

INSTRUCTIONS:

- 1 Add the water to your bottle or jar, until it is about a third of the way up.
- 2 Add the glitter glue to the water, shake or whisk it until it is well combined.
- 3 Add a few drops of food colouring (not too much).
- 4 Add as much glitter as you like!
- 5 Top up the rest of your bottle or jar with the warm water, leave a small gap at the top.
- 6 Close your bottle or jar tightly.
- 7 Shake, shake, shake!!!