



## Calming Jars

**ADD WARM WATER TO YOUR JAR UNTIL IT REACHES HALF WAY UP.**

**ADD THE GLITTER GLUE AND STIR UNTIL COMBINED WITH THE WATER.**

**ADD 1-2 DROPS OF FOOD COLOR THEN STIR.  
ADD GLITTER THEN STIR.**

**TOP OFF JAR WITH WARM WATER UNTIL ALMOST FULL THEN SECURE THE LID.**