GOOD STUFF!

MAKING A GLITTER JAR

When a child is feeling upset, a glitter jar can be used as a calming strategy to help regulate her feelings. The glitter inside the jar symbolizes how the child's feelings are swirling around inside her. As your child watches the glitter settling down, it has a peaceful, calming effect on her, and helps her calm down.

Supplies

- Water
- Glitter glue
- Glitter
- A 16-ounce to 30-ounce clear jar, such as a Mason jar (plastic, not glass)

Instructions

Fill the jar about ¾ of the way full with warm water. Be sure to measure how much water you're using.

For every cup of water you use, add 2 to 3 drops of glitter glue to the jar.

Add the glitter to the jar until it is ½ inch to ¾ inch deep from the bottom of the jar.

Secure the lid tightly. For extra protection, add glue to the inside of the lid's lip before closing, and allow the glue to dry before shaking the jar.

Shake the jar, then sit and watch the glitter as it settles back down onto the bottom of the jar—and your child settles down as well! You just may find this calming as well.