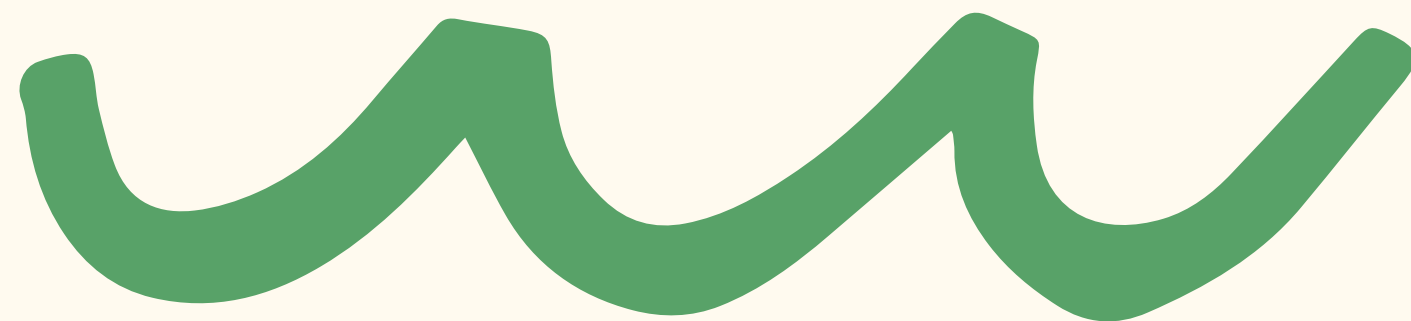
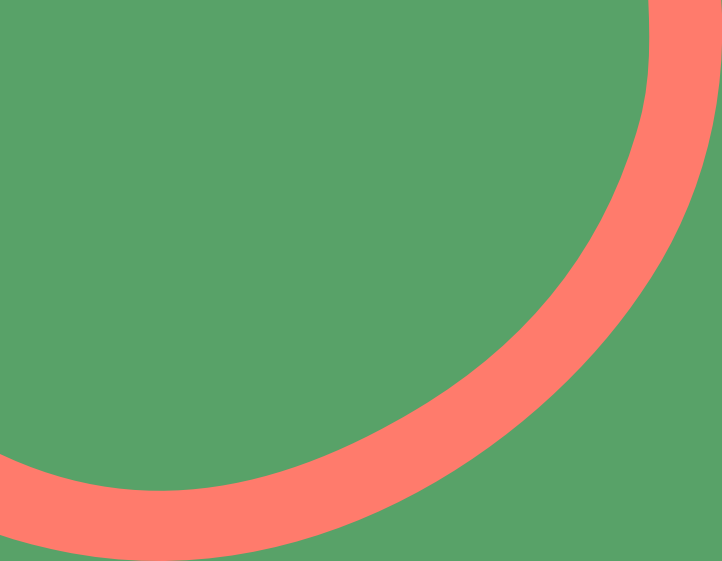




Mind Jar





When you get anxious, you can flip the mind jar upside down & back like a snow globe. As the glitter settles, you can watch it and practice deep breathing, which will ultimately help you calm down.



Supplies needed

01 Water bottle or jar

02

**Glitter glue or hair gel (to
make the liquid more dense)**

03 Food coloring

04 Glitter

**05 Hotglue gun (make sure you have
parent supervision for this part)**





Step 1

Fill a bottle halfway with warm water



Step 2

Add any color glitter of your choice into the water bottle



Step 3

After adding in the glitter, go ahead and add in your choice of food coloring



Step 4

Fill up the remainder of the jar with warm water



Step 5

Get parent supervision and use a hot glue gun to squeeze a ring of glue around the lid of the bottle

Examples:

