



Calming Glitter Jar

What you will need:

- A plastic jar
- Glitter
- Water and PVA glue



How to make:

- Fill your jar 3 quarters of the way with water.
- Add a squeeze of clear PVA glue or glitter glue.
- You could add a little food colouring for a more intense colour.
- Mix with a whisk or shake the jar, when closed, vigorously.

Benefits

- Develops fine and gross motor skills using fingers to open the jar add the resource and shake.
- At opportunity for joint engagement- exploring and experimenting using the swirling glitter in the jar
- It can be a really calming experience as the child watched the glitter go from frantically swirling around fast in the jar to calmly settling at the bottom of the jar a reflect on emotions and regulating emotions.



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