

Glittery Calm Jars

Credit: kumarahyoga.com

Materials:

- plastic bottle (glass can break)
- glitter (variety of colors, chunky and fine)
- warm (not hot!) water
- glycerin or corn syrup
- dish soap
- super glue or hot glue



Directions:

1. Add about half an inch of glitter to the jar (use a funnel, or make one from paper, to avoid a mess!) Use a variety of colors and sizes.
2. Add a little bit of water and swirl gently to prevent glitter from clumping
3. Add glycerin or clear corn syrup until the bottle is approximately 1/4 full
4. Add warm (from the tap, not boiling!) water to the jar until it is almost full. Leave some space to stir and in case you need to add more glycerin/corn syrup. If desired, you can add food coloring to your water.
5. Add 2-3 drops of dish soap. Any kind will do. The soap will help disperse the glitter!
6. Close the jar and gently shake to mix everything up.
7. Carefully reopen the jar, and use your finger to gently stir and mix it together to move. The natural oils from your skin will help separate the materials more than a utensil!
8. Put the cap back on and gently shake again. If you want the glitter to fall more slowly, you can add more glycerin; to make it fall faster, add water.
9. Once you're happy with the movement in the jar, use super glue or hot glue to securely attach the lid to the bottle.

