

Calm Jar

You will need:

- A clear recycled jar with a secure lid
- Warm water
- Clear PVA glue
- Food colouring
- Glitter
- Confetti sequins or gems



1

Clean your clear jar using warm water and soap. Dry the jar well and make sure that the lid fits tight.



2

Pour warm water into your jar (with the help of an adult). Keep pouring into your jar until it is just over half full.



3

Next, add clear PVA glue to water. Make sure to add a generous amount so that the mix is nice and thick.



4

Add a small drop of food colouring to the mixture. Stir the mixture gently and slowly.



5

Add your glitter slowly to the mix. Gently stir the mixture again.



6

Add some gems and confetti sequins to the calm jar for extra effect. Stir gently.



7

Seal the jar tight using the correct lid. Ask an adult to help you with this. Shake your calm jar and enjoy the magic!