

Calm Down Bottle Activity

Materials

- Empty water bottle or jar, with labels removed
- Glitter glue
- Glitter (fine glitter is preferred)
- Strong adhesive like hot glue or super glue
- Warm water



Instructions



1. Squeeze about half (three ounces) of the glitter glue into the empty container. You may want to use slightly more or less depending on the size of your container.



2. Leaving about an inch of space at the top, fill your container with warm water.



3. Add as much glitter as you like and close the bottle.



4. Shake the bottle until everything is combined. The glitter glue will take a little while to separate.



5. Use strong adhesive such as hot glue or super glue to keep the bottle securely closed.

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