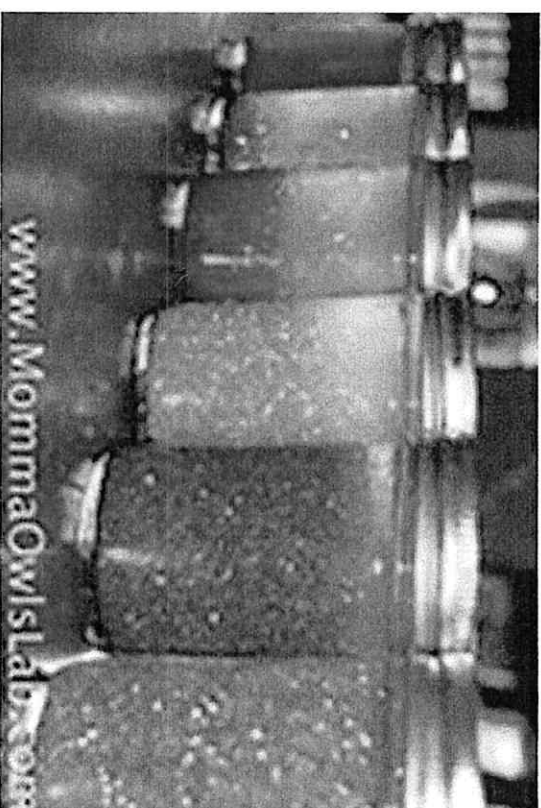


# Making calm Jars/Bottles

**YOU WILL NEED:** 1 clear jar or bottle with lid, ½ tube of clear glue, 1-2 tubes of coloured glitter, hot water, coloured duct tape (optional)

1. Take the lid off the bottle/car, fill it ¾ of the way up with hot water.
2. Pour half the clear glue tube into the centre of the bottle/jar (avoid the edges so the glitter does not stick to it) put the lid on and shake.
3. Remove lid and add glitter, put lid back on and shake again, let sit to allow bubbles to settle.
4. Remove lid, top up with hot water, replace lid.
5. Seal lid with coloured duct tape cut to size if required (stops bottle/jar being opened so easily)

Your calm jar is complete, shake it up and watch as the glitter swirls then settles!



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