

CALM DOWN GLITTER BOTTLE

MATERIALS

- Bottle (≥ 16.9 oz.)
- Glitter glue or clear school glue
- Fine glitter – any color(s)
- Pitcher with warm water
- Funnel
- Duct tape or Glue
- Pan (optional)

INSTRUCTIONS

1. Fill $\frac{1}{2}$ of the bottle with warm water (about 1 cup).
2. Put approximately 2 tablespoons (1 oz.) of glitter glue into the bottle, then put the lid back on and shake it up to dissolve the glue.
3. Remove the lid and add fine glitter until there is a $\frac{1}{2}$ inch layer on the bottom of the bottle.
4. Fill the rest of the bottle with water, leaving about an inch of airspace at the top.
5. Tightly screw the lid on the bottle. Use duct tape or glue to secure the lid.
6. Shake it up then relax and watch the glitter swirl and settle to the bottom.
7. Repeat as needed.

