

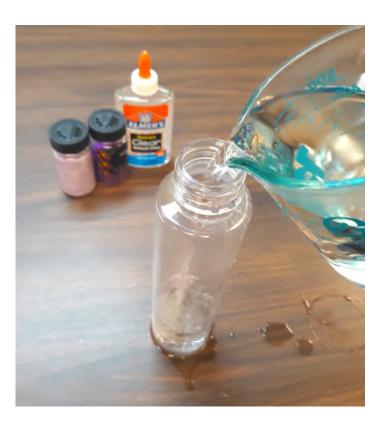
## CALM DOWN GLITTER BOTTLE

## MATERIALS

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

## INSTRUCTIONS

 Fill ½ 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 ½ 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.

