**Mindfulness Bottles/Jars**

**You will need:**

* A clear jar or bottle (plastic or glass).
* Clear glue
* Food colouring
* Glitter
* Water (room temperature)
* Optional: superglue and decorated duct tape.

1. Fill approx. 1/3 of your jar or bottle with glue.

2. Fill the rest of the jar or bottle with water, leaving a 2cm gap at the top.

3. Place the lid on the jar/bottle and shake well to mix the glue and glitter together.

4. Add a few drops of food colouring to achieve desired colour. Shake well.

5. Add glitter and shake well again. Depending on the result you would like, add extra glitter, water or glue to fill rest of the bottle or jar. By adding extra water, the glitter will settle faster, extra glue will slow it down.

6. Optionally: apply superglue to the inside of the lid then seal bottle or jar. Add a layer of duct tape overlapping the lid and sides for extra security.

7. Shake and watch the glitter swirl and settle.

