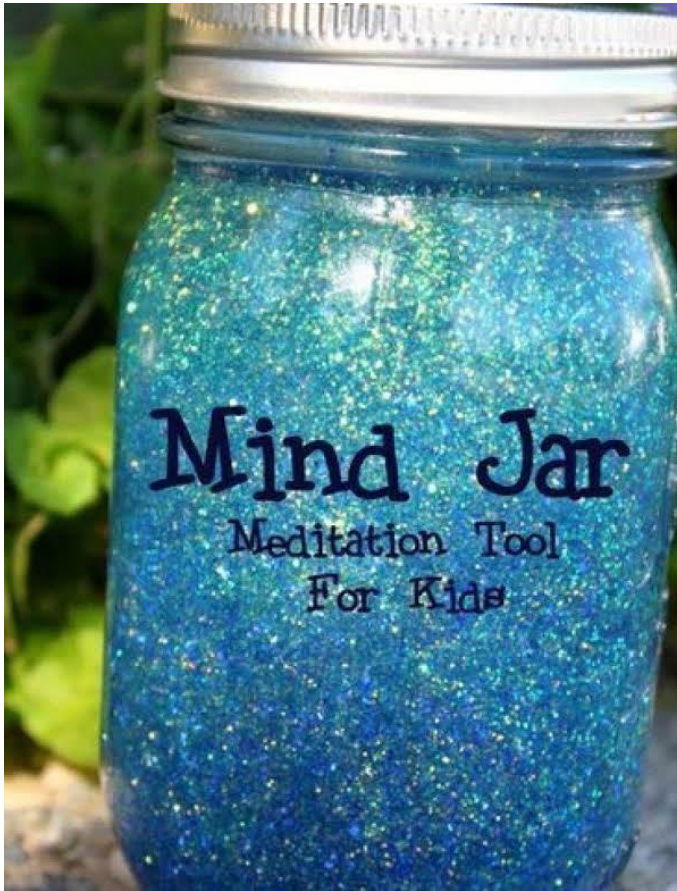


Calm down jar



You will need

- Any type of jar or bottle
- Water
- Food colouring
- Glitter/ beads
- Optional glitter glue (This will float down slower)

1. Fill the jar/ bottle with water- leave some space for the decorations
2. Add in your food colouring and glitter. You could add in beads, sequins anything you can find. If you add glitter glue it will make the water thicker and make things fall slower.
3. Glue the lid on tight! You don't want to make a mess!
4. Now shake the jar- use this time as it settles to breathe and take control of your feelings.

It is a reminder that things can get hectic and manic but things will settle, you can control your thoughts and feelings. It will be ok!