

# Coping With Stress Through Crafts: DIY Glitter Jars

Glitter jars are a great DIY tool for calming both the mind and body. They provide a sensory experience that encourages mindfulness, helping children and adults alike focus on the present moment and let go of stress.

## Materials Needed:

- Mason jars
- Assorted glitter
- Glue (glitter or white)
- Hot water
- Food coloring (optional)



## Instructions

**Step 1:** Fill the mason jar halfway with hot water.

**Step 2:** Add two tablespoons of glue into the jar. Put the lid on and shake to mix.

**Step 3:** Pour glitter into the jar until about a ½-inch layer forms at the bottom.

**Step 4:** Fill the rest of the jar with hot water, leaving about an inch at the top for shaking room.

**Step 5:** Screw the lid on and give it a shake!

**Step 6:** Add more glitter and food colouring if desired.

**Mindfulness Tip:** Shake your glitter jar for a few seconds, then place it on a flat surface where you can watch the glitter settle. As the glitter settles, allow yourself to settle too. Shake and wait as many times as needed to feel calm.



[Click the play button to watch an instructional video on our YouTube channel.](#)