

## Mindful Owl Adventures Calming Jars with Clear Glue and Glitter

Clean Voss Water Bottles (take off the label)  
Washable Clear Glue  
Water  
Bowl  
Whisk  
Glitter  
Food Coloring if you wish

The recipe calls for 20% Glue and 80% Water ( can use hot water I used room temperature)

I used:

50% Washable Clear Glue, 50% water, and as much glitter as desired.

**Make it:** Pour clear glue and water into the mixing bowl, add glitter (and you can also add food coloring). Now mix with the whisk. When everything is blended, mix vigorously then pour right away into the water bottle.

Put the lid on and shake to make sure your calming jar is working. If your bottle isn't quite right, play around with the ratios of glue and water (you can try using hot water too). After your bottle is just the way you like it you can put the lid back on. For extra security you can seal it with super glue. If you used hot water make sure it has cooled before you put the lid on.

Make sure to clean your bowl right away!

Mindful Owl Adventures  
Calming Jars with Liquid Soap and Red Hearts

Clean Voss Water Bottles (take off the label)  
Clear Hand Soap or Dish Soap the thicker the better  
Red Acrylic Hearts

**Make it:** Fill the bottle with liquid soap if it is too thick you can add water and add hearts

Put the lid on and shake to make sure your calming jar is working.

Shake      Breathe      Calm