

Activity: Calming Glitter Jar



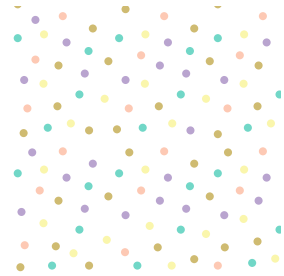
What you'll need:



Two Jars
(with lids)



Clear Glue



Glitter

Optional: Additional decorations for your little ones to use in the jar or on the outside



Steps:

- 1 Fill each jar 3/4 of the way with water
- 2 Add the clear glue and glitter to the jar
Optional: Add food coloring or small toys to give the jar a bit of fun
- 3 Seal the lid, give it a little shake, and you're good to start the fun!



Ideas of Use:

- A fun sensory addition for your little ones while on tummy time
- A calming visual for when your little ones experience a tantrum
- A reminder to take a deep breath whenever you are feeling overwhelmed

