

Vernon Area Public Library

Teen Take and Make Kits:

Calming Jars

Supplies Provided:

- *Jar*
- *Glitter*
- *Glitter Glue*

Supplies Needed From Home:

- *6 oz. hot water*
- *3 - 4 drops liquid dish soap*
- *Food coloring (optional to color the water)*
- *Glue (hot glue or superglue work best)*



Directions:

1. Pour the glitter glue, food coloring and glitter in the jar with 6 oz of hot water. Swirl the jar gently to mix the ingredients, then add the liquid dish soap.
2. Once the mixture cools, seal the lid with glue.