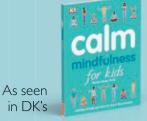
## Glitter jar

Sometimes our thoughts and emotions can get stirred up, and this makes it hard to think clearly. A glitter jar can be a tool to help you settle your feelings.





## What you'll need:

- Water
- An empty jar with a lid
- Craft glue
- Glitter (different sizes work best)



Pour water into the jar, then add a big squeeze of glue. This will make your glitter swirl around and settle slowly.



Feel your thoughts and emotions settling with the glitter.

Add glitter to the jar. It might float at first, but don't worry. Different colors can represent different emotions.



Put the lid on tightly and gently shake your jar. Watch the glitter get stirred up.

