# The Mind Jar

## Ingredients

Approx 50ml tube glitter glue

Approx 50 ml transparent pva

Sml squeeze Elmer's magic liquid (optional – will thicken and make glitter settle more slowly, good for older children)

1/3 vial fine glitter

1/3 vial coarse glitter

Few sprinkles sequins/stars or similar

Lolly stick for stirring

Sml glass jam jar with lid

Warm water

Drop of food colouring (optional)

Glue gun

## Method

Add the glitter glue and the transparent glue to the jar.

Stir with lolly stick.

Half fill jar with warm water.

Add glitter & sequins.

Add Elmer's magic liquid if using.

Stir well.

Top up with warm water, leaving small gap so contents can be shaken.

Leave to cool.

Use glue gun to seal lid firmly in place.

Shake well and let your mind calm & settle!