

GLITTER JARS

Ingredients:

Plastic water bottles
Glitter glue
Glitter
Caro's Liquid Corn Syrup
Liquid dish soap
Food Coloring

Whisk
Mixing bowl
Funnel

DIRECTIONS:

1. Put about 3 Tablespoons of glitter glue in a bowl; pour 1 cup of hot water and use whisk to dissolve glitter glue into the hot water.
2. Using funnel, pour mixture into water bottle.
3. Using funnel, pour a variety of glitter into the water bottle; add 1-2 T. of Corn Syrup and 1-2 drops of liquid dish soap and food coloring.
4. Using funnel, pour enough hot water in to clean the funnel and fill the bottle.
5. Put the cap on the bottle shake it up and see if it has enough glitter and it has the right consistency.

Additional points (you can see these better if you view the video:

<https://youtu.be/iNfMAYT7mNY>)

- I always have suds on the top of the jar; I just squeeze them out and fill with more water.
- You can slow down the glitter by adding more corn syrup.
- If it is just the way you like it, I might suggest gluing the top on the bottle to prevent creative types from opening it up on the carpet☺

Teaching Ideas:

1. Teachers put these in a 'Calm Down' center (or create a calm down basket) in the classroom. Students are instructed to shake, watch and breath until all the glitter settles.
2. If you have 2 or 3 bottles, students can time them with a stopwatch and make a comparison chart.
3. Using sticky notes they could also be labeled with 30 sec., 1 minute, etc. Students could observe the time differences; put them in numerical order from least to greatest.
4. You could make different colored ones to match a program called "[Zones of Regulation](#)"

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behavior, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, one has some control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings, such as when one feels sad, tired, sick, or bored.

I would love to hear your stories about your Glitter Jar experience:

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