

Sparkle Jars

RECIPE

Equipment

110mls glycerine (can substitute glycerine with corn syrup or glue, but they are less clear)

140mls water (approximately

70 mls hot water & 70 mls cold water)

2 tea spoons fine glitter (thick glitter will settle quicker than fine glitter.)

4 drops of washing up liquid

1 jar (we recommend clear plastic jars to avoid tears if dropped)

Whisk & Bowl

Method

Pour the hot water into the bowl. Then add the glycerine. Whisk until the water and glycerine are combined consistently. Then add the cold water to reduce the temperature of the liquid mixture. Now pour the mixture into the jar.

Sprinkle the glitter into the jar. Then add four drops of washing up liquid. Screw the lid on the jar and then give the jar a shake to check if you are happy with the amount of glitter and how quickly it settles. You can add more glycerine to slow the rate that the glitter settles, or more hot water to increase the rate that the glitter settles. When happy, dry the lid and add silicone to the inside of the lid before screwing and sealing.



Sparkle jars are a great visual aid to help children learn about their emotions and how to calm their mind and body.

Try our free online KineticKids mindfulness activity to learn how to let your sparkles settle.