

*Make your own*

# Liquid Calm Jar



**Liquid calm jars can be used to watch, to listen to, and as a timer to count down.**

**They are great to help with  
calming, grounding and distracting.**



# Materials and equipment

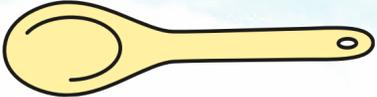
## Materials you need:

- a clear jar with a water-tight lid (preferably plastic)
- glycerine ( $\frac{1}{3}$  -  $\frac{1}{2}$  of the jar size)
- water
- a range of interesting objects from nature like flowers, sticks, leaves, shells, rocks and seeds or other things like water beads, plastic animals and marbles
- optional: glitter, plastic confetti shapes, food colouring
- masking tape or hot glue

## Equipment needed:

- funnel
- mixing spoon or paddle pop stick
- optional: hot glue gun

# Materials and equipment

- a clear jar 
- glycerine ( $\frac{1}{3}$  -  $\frac{1}{2}$  of the jar size) 
- water 
- a range of interesting objects 
- glitter, plastic confetti shapes, food colouring 
- masking tape or hot glue 
- funnel 
- mixing spoon or paddle pop stick 

# Steps

1

- 1 Open the lid of the jar and place objects into the base of it. You want to have enough space in the jar so that you can see things settle and move around, so in total fill no more than  $\frac{1}{2}$  -  $\frac{2}{3}$  of the jar. If you are using heavy objects like glass or rocks, fill to around  $\frac{1}{8}$  -  $\frac{1}{4}$  of the jar.



- 2 Pour glycerine into the jar. The more glycerine you add, the slower the objects will move around the jar when it is full. You can use all glycerine if you choose to.



## Steps

**3** If you are adding glitter, food colouring or confetti, place them into the jar when the objects are covered with liquid, then using a spoon or paddle pop stick mix them through.



**4** Top up the jar with water or more glycerine leaving a small gap at the top so that the jar is not completely full.



**5** When you are happy with how it's looking, seal the opening of the jar by either using hot glue or masking tape so that people won't be tempted to try and open it.



# Notes

- You can use a clear craft glue like Elmer's glue dissolved in warm water instead of glycerine for a more economical choice, or a clear oil like baby oil. Please note, these substances are not as thick as glycerine so will make objects fall more quickly. Also, the oil will separate from the water so if you put a colour in the water it will also separate.
- If using oil, use approximately  $\frac{1}{2}$  oil and  $\frac{1}{2}$  water.
- If adding food colouring only use 1-3 drops so that you can still see through the liquid.
- Water beads will need to be activated prior to adding to the jar so that they don't soak up too much of the liquid. When added to an oil and water mixture they may cause a reaction to happen where the liquid appears aerated after a few uses.

## **Caution:**

When using a hot glue gun ensure that children are properly supervised so they do not burn themselves or get glue everywhere. You may wish to secure it with masking tape only to avoid injury.