

# MIND JAR



## *step-by-step instructions*



### YOU'LL NEED

- Jar (I like the voss water bottles, but any jar will do!)
- Glycerin
- Glitter
- Warm Water
- Dish Soap
- Glue Gun (optional)

### AMOUNTS

For a 500 ml jar, I use:  
2 tablespoons of glitter  
100 ml of glycerin  
2 drops of dishsoap

### HOW-TO

Step 1. Place a couple of tablespoons of glitter in the bottom of the jar. (Exact amount will depend on the jar you use.) Tip: I make a little funnel out of paper to get the glitter into the jar neatly.

Step 2. Add a little bit of warm water, put the lid on and shake it up.

Step 3. Add glycerin until the bottle is almost half full.

Step 4. Fill up (almost but not quite) to the top.

Step 5. Add 2 drops of dish soap.

Step 6. Shake to mix!

Step 7. Hot glue the lid to the jar to ensure there aren't any accidental spills.

Note: Add more glycerin to slow the glitter down more. You can also add food colouring for extra fun.

