

Make Your Own Glitter Jar

Crafts



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WHAT MAKES IT MEANINGFUL

Creating a glitter jar offers sensory delight and visual appeal while providing a calming focus tool. Stirring and watching the glitter settle promotes mindfulness and self-regulation—great for relaxation and emotional awareness.

TIME

- **10 minutes** to assemble
- **1–2 minutes** shaking and sensory play
- **Optional dry time** if adding extra sealants or décor

MATERIALS

- Clear **plastic or glass jar/bottle** with lid
- **Baby oil** or mineral oil (*not water-based*, for slower glitter fall)
- **Glitter** (fine, chunky, sequins, confetti)
- Optional: food coloring, glycerin/dish soap for texture adjustment, pipe cleaners or stickers for decoration
- **Strong glue or tape** to seal the lid



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INSTRUCTIONS

1. **Prepare the container**
 - a. Clean and dry jar or bottle; remove labels
2. **Add oil**
 - a. Fill to about $\frac{3}{4}$ full with baby oil
3. **Insert glitter and extras**
 - a. Include 1–2 glitters: mix fine and chunky types.
 - b. Optionally, add food coloring, glycerin, or sequins
4. **Fill to the top**
 - a. Add more oil to minimize air bubbles; secure the lid tightly.
 - b. **Seal the lid** with glue or tape to prevent spills
5. **Shake and enjoy**
 - a. Mix well and watch the mesmerizing swirl as glitter slowly settles.
6. **Optional: Decorate**
 - a. Use any craft materials you have lying around to decorate your jar - Be creative! Make a face, an animal or even a type of weather like rainy, snowy, sunny, etc

RESOURCES

- <https://onelittleproject.com/glitter-jar/>

SUPPORTS NEEDED

- **Visual step-by-step guide** (pictures or drawing for each step)
- **Hand-over-hand help** for pouring glitter and sealing the lid
- **Simplified kits** with pre-measured glitter and oil
- **Sensory options:** gloves if glitter feels scratchy
- **Verbal encouragement** and prompts: “Shake, now watch it settle!”

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- **Safety reminders:** keep jar upright and away from the face
- **Clean-up support:** wipe spills promptly, ensure lid is tight

OTHER THINGS TO NOTE

- More ideas for themed glitter jars can be found at <https://onelittleproject.com/weather-sensory-bottles/> and <https://onelittleproject.com/oil-and-water-sensory-bottles/>