



Calm Jar

- **Equipment**

Jar (a thick jam jar with a good lid), water, glitter, glycerine, food colouring

- **Set up**

Mix the ingredients together to create a calming jar of glitter. Do this before the activity.

- **Instructions**

What are the things on your mind at the moment? Pick up the jar and shake it. Watch the glitter swirl around and settle at the bottom.

Imagine the things on your mind slowly settling down.

Psalm 46:10 *'Be still and know that I am God'*.