

DIY Calming Bottle

1. Fill your bottle about halfway with warm water from the faucet
2. Pour clear glue into the bottle until the water rises about one inch
3. Add your extras to the bottle

- Glitter
- Water Beads
- Confetti
- Straw Pieces
- Beads
- Sequins
- Food Coloring
- Small Objects

4. Close the bottle and turn it a few times to mix everything up
5. Work on the look you're hoping for by adding more extras as desired

(If you would like for your glitter to fall more slowly or if it is all staying at the top, try adding more glue)

6. Close the bottle and turn it a few times to mix everything up
7. Add water to fill the bottle the rest of the way
8. Super glue the lid and close it tightly