How to make a mind jar

**Materials:**
- Clear glue
- Glitter
- Food Colouring
- Hot Water
- Clear Jars (make sure they don’t leak to avoid a mess!)

**Follow the easy steps below in order to make your own:**

1. Pour the glue and hot water into the jar until halfway full and mix (the more glue you add, the slower the glitter will fall)
2. Add your glitter
3. Add a few drops of food colouring
4. Fill rest of jar with hot water and give it a mix
5. Let cool with lid off
6. Secure the lid and experience your new mind jar

**made and photographed by Mady**