

Calm Down Glitter Bottles

Supply List:

1. Glitter and sequins
2. Plastic bottle
3. Warm water
4. Hand soap



Directions:

Fill bottle $\frac{3}{4}$ full with warm water.

Add glitter and sequins (2 Table spoons or as much as you want)

Add $\frac{1}{4}$ cup soap

Fill bottle rest of way with warm water.

Tighten lid

Shake