

Material List for a Calming Glitter Bottle

- A clear bottle (I've used a 1000ml/1L bottle in this video)
- Elmer's Clear School Glue
 - You need 5.37 mL of water for every 1 mL of glue for a 3 minute bottle
 - More glue = more time
 - You'll need about 186 mL of glue for a 1L bottle)
- Glitter!! (fine, chunky, go crazy – I like mixing them)
- Super Glue to seal the lid.