



# Glow in the Dark, No Liquid Calming Jars

## *Supplies:*

- Small plastic bottle (empty water bottle that is fully dry inside)
- Neon plastic straws and/or glow in the dark stars
- Cotton balls
- Scissors
- LED flashlight



## **What to Do:**

1. Cut straws into small (1-3") pieces depending on size of bottle.
2. Stuff cotton balls and straw segments into the bottle until full.
3. In a dark room, use the flashlight to shine on the bottom of the bottle to make the straw segments/stars glow.

Because this is a calming bottle, the cotton balls are intended to silence the sound of the straws/stars rattling around and to keep them suspended in the bottle. Turning the bottle to view the colored straws/stars and seeing them glow in the dark calms the mind and relaxes the viewer.

With mindfulness practice, the mind becomes clear and more relaxed. Visualizing the glowing elements in the bottle when stressed can facilitate relaxation and produce a calming effect.

Source: Best Toys 4 Toddlers