

# CoolitArt

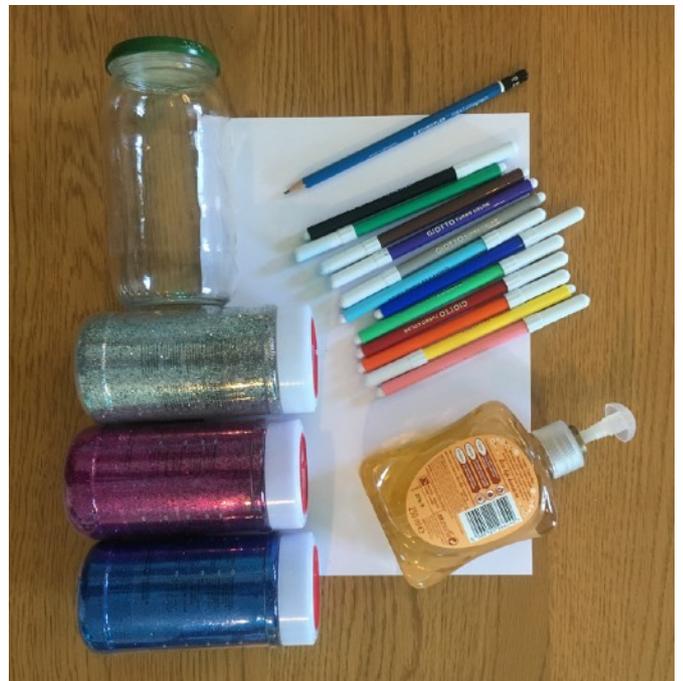
## Mind Mapping Resolutions & Glitter Calming Jar



Many people get inspired by New Years Eve to come up with resolutions but you can have ideas about fun things you can do for yourself all year round! We also thought glitter calming jars were possibly one of the best inventions ever so thought we should share the fun!

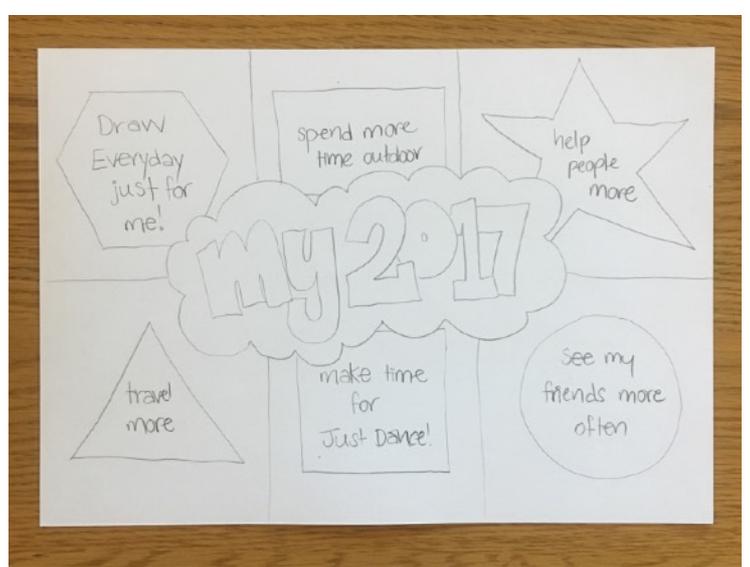
### Tools and Materials:

- Glass Jar with a screw lid
- Glitter
- Liquid Soap
- Warm Water
- Felt Tips
- Paper
- Pencil

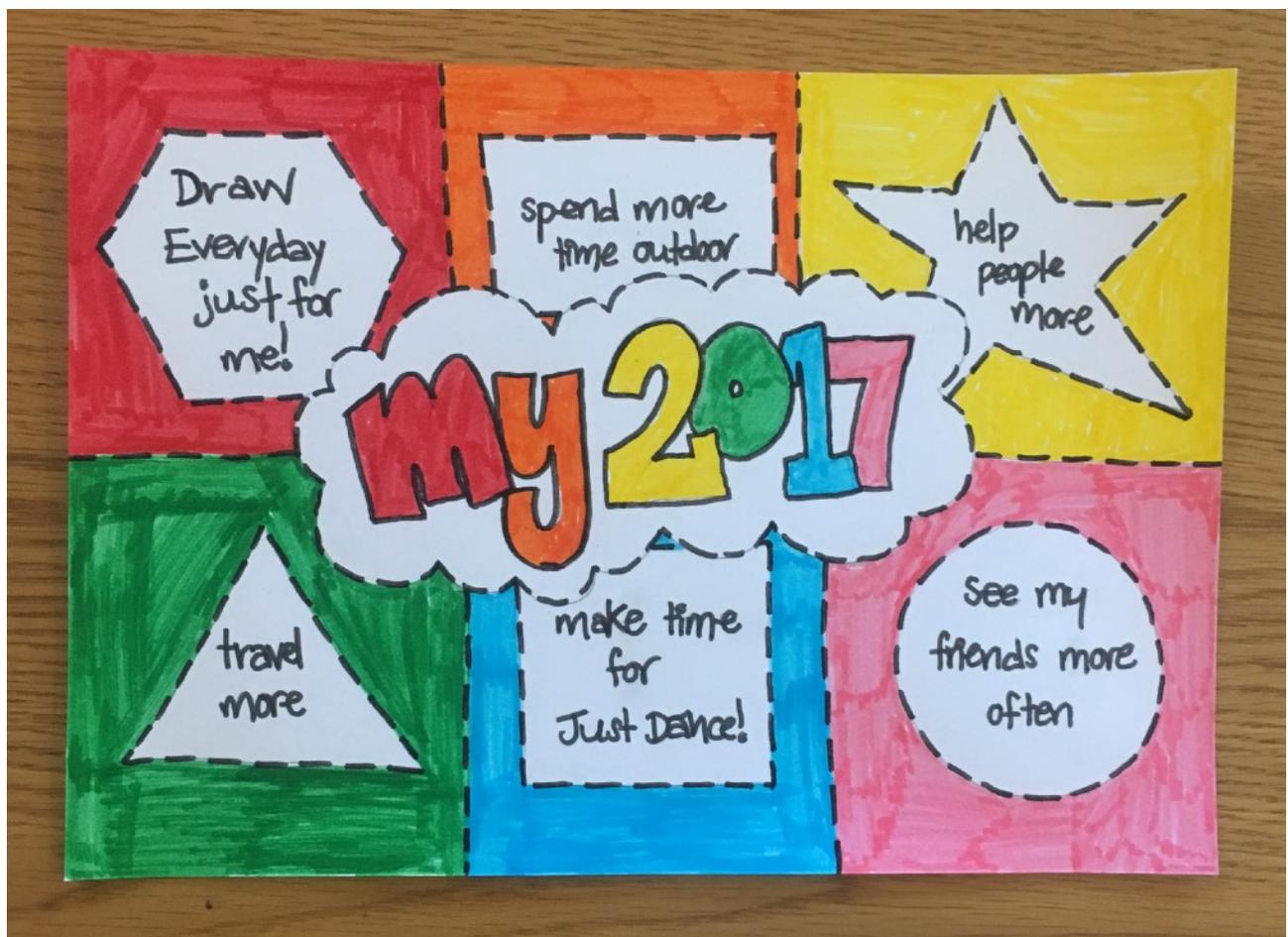
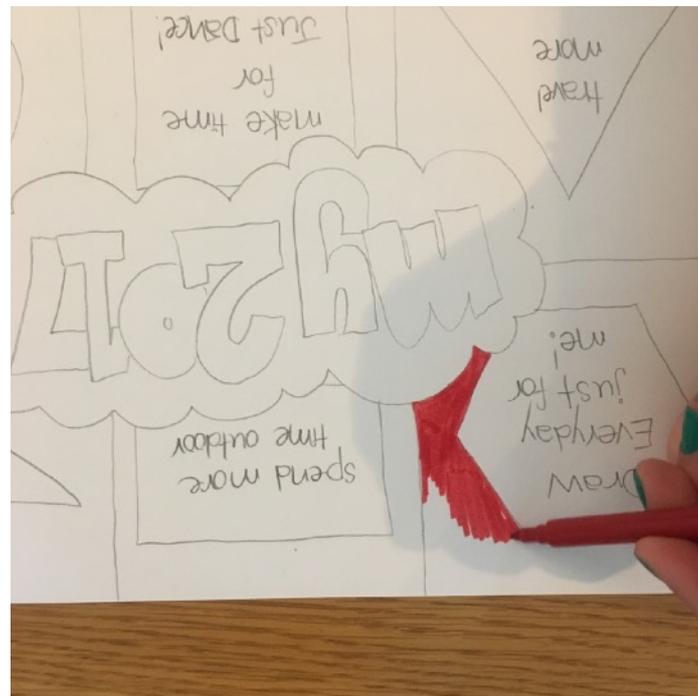


So with our version of “Mind Mapping” this is an illustrative way of mapping out goals you have and ways you can achieve it by giving examples. We thought it would be fun to set ourselves some goals about things we can do to be happier day to day - simple things such as keeping your room tidy to taking time for yourself to read or draw or even play with your friends! No matter how small the action is there are so many positive things you can do for yourself!

So first you need to think about what things you can do for you! Then start planning out how you want to display them like so!



Once you are happy with your resolutions you can start colouring it in!



Now to create the glitter calming jar! This is super quick but really fun! Take your glass jar and fill it up two thirds with warm water



Once you have done that then you can add in the soap - the soap is important as it helps the glitter swirl around so it looks really magical! We put in around 3-5 squirts, see how you get on you can always add more if you feel you need it.



Screw the lid on tight and shake the water and soap mixture until you end up with something like this



Now you can add the glitter in - you want to put in a lot of glitter! At least one sixth of the jar should be glitter - you can't have too much!



Fill up your jar with more water to get rid of the soapy bubbles and make sure the jar is filled with water so there is no gap for air like so



And there you have it your very own “Mind Mapping Resolutions and Glitter Calming Jar”



Here is another we have made to inspire you

