

**mind
body
align**

D.I.Y. Mind Jar



**Gather
these supplies:**

Empty, clear
bottle with a lid

glitter,
water beads,
and other
fun bobbles

Liquid, clear
hand soap

**Mix it
up!**

1 Fill your bottle
3/4 with water.

2 Add your sparkles

3 Fill the rest of the bottle with
clear hand soap as close to
the top as you can!