

## Make your own hourglass timer

### Materials:

- Glass salt and pepper shakers with metal lids
- Hammer
- Nail
- Glue gun and glue
- Variety of FIMO modeling clay
- Foil covered baking sheet
- Fine play sand
- Funnel



### Instructions:

Glue the tops of each metal lid together with the glue gun. If the lids are rounded on the top you may have to hammer one lid so that the pieces will fit together.

Take a nail and hammer a hole through the middle of both lids.

Take FIMO modeling clay and decorate the outside of the metal lids covering the area that has been glued together.

Place decorated lids on a foil covered baking sheet and bake as directed on the FIMO modeling clay package.

Once the lids are cool you will notice that the glue melted and covered the hole you punched earlier. Re-punch the hole.

Use the funnel to fill one jar with fine sand.

Screw one end of the lid back onto the sand filled jar. Invert the second jar and screw it on top.

Enjoy your new hourglass timer to give yourself a needed time out or to help you take steps to delay your smoking and cope with cravings