

UPCYCLED LANTERN JARS

A COSY, CREATIVE CRAFT USING OLD JARS AND SCRAP MATERIALS TO MAKE GENTLE LANTERNS FOR STORYTELLING, BEDTIME ROUTINES, OR CALMING SPACES.

WHAT YOU'LL MAKE

A soft-glow lantern decorated with tissue scraps, magazine cut-outs, or pressed leaves. Perfect for sensory corners or quiet time.



MATERIALS (ALL REUSED OR RECLAIMED)

- A clean glass jar (jam jar, sauce jar, etc.)
- Tissue paper scraps, magazine cut-outs, or pressed leaves
- Homemade paste (flour + water) or non-toxic glue
- A battery tea light or glow stick (safe for all ages)
- String or ribbon offcuts (optional)



THIS ACTIVITY KEEPS JARS OUT OF LANDFILL AND USES ONLY LEFTOVER MATERIALS.

STEP BY STEP

1. Clean and dry the jar, removing any labels.
2. Tear or cut tissue scraps or choose natural materials like pressed leaves.
3. Brush a thin layer of paste onto the outside of the jar.
4. Press the scraps onto the jar, overlapping colours or shapes to create patterns.
5. Add another light layer of paste on top to seal the design.
6. Tie string or ribbon around the top if you'd like a handle or decorative touch.
7. Place a battery tea light inside and enjoy the gentle glow.

WHY THIS CRAFT MATTERS

- Encourages reuse and reduces waste ✨
- Creates a calming sensory object for the home
- Accessible for all ages with simple steps
- Supports creativity and self-expression
- Safe alternative to candles for families with additional support needs ✨

This work is created in collaboration with Fife Climate Hub, whose support helps us grow climate action that is inclusive, creative, and rooted in our community.

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SENSORY NOTES

- Soft light can be soothing for sensory regulation.
- Families can choose colours and textures that feel calming.
- If sticky textures are uncomfortable, a brush can be used instead of hands.

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