



PURPOSE

- The mindfulness jar helps provide a visual about how strong emotions can take over and how to find calmness when strong emotions are present

OBJECTIVE

- Improve mindfulness
- To create an at home tool that can be used to calm down when you are experiencing difficult emotions

INSTRUCTIONS

Materials

- Empty Waterbottle or clear jar
- Glitter
- Glue
- Tap Water
- Food Coloring-optional

Assembly

1. Fill the water bottle or jar almost to the top with tap water.
2. Add glue and glitter to the container. The more glue you add the slower the glitter will take to get to the bottom.
3. Put the lid back on the container.
4. Shake and watch the glitter settle

Application

- To use the mindfulness jar as a teaching tool you can use this script (or something similar):

"Shake the bottle, see how the glitter makes it difficult to see through and appears kind of chaotic? Well, the glitter is like your emotions when you are feeling angry, sad, or overwhelmed. These big emotions make it difficult for us to "see" clearly and why we can make silly choices when we have these big feelings."

- Set the jar down and let the glitter settle then say:

"The glitter settling is like taking deep breathes or calming down before reacting. Once we are calm, it's easier to "see" more clearly and be thoughtful about our actions and our words."

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:

