

# Mindful Glitter Jar

## You will need:

- A jar e.g. mason jar, empty sauce or hard plastic bottles for younger children
- Mixture of glitter (if you don't have glitter mix food colouring & oil & colour beads)
- Hot water \* ask an adult to help you
- Glue & something to stir with
- Superglue \*ask an adult to superglue



## Instructions

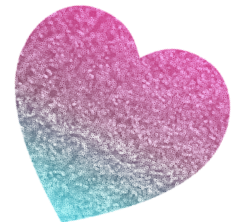
1. Put the hot water into the jar, fill the jar but leave a little room at the top of the jar
2. Add 2-3 tablespoons of clear glue into the water
3. Mix the glue and water until you can't see the glue anymore, the more glue you put in, the slower it is to slow down the glitter.
4. Leave the water to cool down until it's lukewarm
5. Add each type of glitter into the jar. Start with the smaller finer types of glitter. Stir as you add the glitter into the jar, shake the jar with the lid on. Add each of the larger types of glitter, stir again and shake with the lid on. Repeat until you've added your glitter.

Optional: add a little bit of food colouring to change the colour of the water (1-2 drops)

6. When you're finished, ask an adult to help you superglue the lid. It helps avoid any leaks.

## Mindful exercise

- Shaking our glitter jar helps to calm our busy minds.
- Our jars are like our minds and the glitter is like our thoughts and feelings.
- Watching the glitter fall can make us feel calm inside.



## Busy minds

- Shake the jar - inside your jar is like a busy mind with all of our thoughts and feelings.
- Let's try mindful breathing
- After shaking the glitter jar take deep breaths in and out
- Take a deep breath in ....1,2,3,4 and out 1,2,3,4,5,6,7
- After doing our mindful breathing our mind begins to settle just like the glitter jar

