

The Mindful Jar

This activity can teach you how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming. It facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.

- Get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly. Don’t worry this is normal and it happens in all of us (yep, grownups too).”

[Now put the jar down in front of you.]

Now watch what happens when you’re still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions”

“25 Fun Mindfulness Activities for Children and Teens (+Tips!).” PositivePsychology.com, 1 Sept. 2020, [positivepsychology.com/mindfulness-for-children-kids-activities/](https://www.positivepsychology.com/mindfulness-for-children-kids-activities/).