

Mindfulness Jars

In this activity, everyone in the family will make their own Mindfulness Jar that can be used in times of heightened emotions of any kind.

Materials needed

 30 min

- Glass jars with tops
- Hot Water
- Glitter Glue (or clear glue and glitter)
- Extra Glitter
- Clear dish soap
- Super glue/hot glue (optional)

Directions

Step 1: Make!

1. Heat water, not too hot though!
2. Fill each jar just past $\frac{3}{4}$ (you can always top it off)
3. Add plenty of glitter glue and mix
4. Add a few drops of dish soap
5. Add extra glitter (different shapes and sized for fun!)
6. Make sure the jar is sealed (use optional super glue)



Step 2: Shake it up!

When ready, give those Mindfulness Jars a shake. Sit in a circle together, shake, then stop and take a deep breath. Sit and watch the sparkles slowly fall to the bottom of the jar while breathing in and out. Pretend the sparkles are all your overly excited, nervous thoughts jumping around in your head. As the sparkles fall to the bottom of the jar, imagine your own thoughts falling into calmness.

Remember, using your Mindfulness Jar is never a punishment, but an opportunity to settle your emotions. Parents may even want to make an extra to take with them to work. :)



Habit tip! Find a great place to display your jars where you'll remember to use them anytime you're feeling heightened emotions.