



MINDFULNESS: GLITTER JAR

Do you like getting crafty? This activity is lots of fun - and can teach you about emotions too.

1

Find a clear glass or plastic jar and fill it almost to the top with warm water. Add 60ml of glitter glue and 60g of dry glitter then put the lid back on and give it a good shake.

2

Watch as the glitter swirls around to create different shapes and patterns, then pop the jar down.

3



Now, imagine that the glitter is like your thoughts when you are feeling stressed, or upset. Have you noticed that the thoughts swirl around and make it hard to see clearly? Now watch what happens when the jar is still for a while... keep watching and see how the glitter settles and the water becomes clear. Our minds work in the same way, when we are calm, it is easier to see things clearly again.