

## Mindfulness Activity #2: Creating a Glitter Jar

Children of any age can create a **glitter jar**. You can also use a snow globe. The glitter jar is a great activity to use when your child is worried, upset, nervous or angry. The glitter in the jar represents your child's thoughts, rushing around in a mad dash.

The next time your child is **upset or anxious** simply have them shake the glitter jar and remain quiet and still while the glitter is settling. As they breathe deeply they can watch the glitter float around in the jar and finally settle on the bottom.

### Steps to Make Your Own Glitter Jar

1. Start by finding a glass mason jar and allow your child to decorate it however they like. You can also use a plastic water bottle if you can't find a mason jar.
2. You will also need one bottle of clear glue and some kind of glitter. Food coloring is optional.
3. Fill the bottle up 3/4 of the way with water. Next, add the clear glue and glitter and shake. You may want to use a funnel to get the glitter in the jar. You may add food coloring if desired. Seal the lid and you are ready to go. Your child can **SHAKE** the jar or bottle when they feel anxious or upset and remain still while the glitter settles.

The jar is like the child's mind, and you can even encourage your child to think about how *their thoughts are like the glitter*. As the glitter settles down into the bottom of the jar, the mind becomes calmer as well.

## Create a

# GLITTER JAR

- ★ Finding a jar or plastic bottle and allow your child to decorate it however they like.
- ★ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- ★ Seal the lid and you are ready to go.

