Mindful Jar

Recommended for Grades:

K4 - 12th grade

Activity Description:

Sometimes, our thoughts or feelings can make it hard to focus or think clearly. This activity teaches children about how strong emotions can take hold, and how to find peace when these strong emotions come up. Students will make a mindful jar and use it as a tool to reset, feel calmer and more focused.

Instructions:

You will need:

- A clear jar with a tight fitting lid
- Water
- Clear glue or glitter glue
- Dry glitter

Fill the jar almost all of the way with water, then add some of the glue and the dry glitter. Note that the more glue you add, the longer it will take for the water to settle. Make sure the lid is on tight as it will be shaken. Finally, use the following script or take inspiration from it to form your own mini-lesson:

“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. Notice how it whirls around and makes 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.”

Shake the jar. Take some time to be still and watch the glitter as it gently falls and settles. Ask children to notice how they feel now that all of the glitter has settled.

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Transcript:

The mindful jar can be used to focus your attention and help calm strong emotions. The liquid is like your mind and the glitter is like your thoughts or feelings. Sometimes our thoughts and feelings can make it hard to focus or think clearly. Shake the jar, watch the glitter as it settles, and take some time to be still.

Take a moment to notice how you feel now that all of the glitter has settled. Do you feel calmer? Are you more focused?

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