

MINDFULNESS



Glitter Jar



BY GREAT MINDS TOGETHER

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What is a mindfulness glitter jar?

When we feel upset or angry our brain can get very full with lots of thoughts and feelings. Usually your thoughts and feelings will settle down if you sit still and calmly breathe for a few minutes.

This is like when you shake a glitter jar, it becomes so full of glitter so that you can't see through the water. If you keep the jar still though, the glitter starts to settle down and then you can see through the water.

Next time you feel upset or angry, take your jar and give it a good shake then watch the glitter settle, this will help you calm your mind. And when the glitter has settled you should feel much more calm!

What you will need

- An empty Jar that has a lid
- 1 small tube of glitter glue
(or 3 tbsp of just glitter)
- Water



Let's make our jar

1. Clean and empty your jar (make sure you get all the bits of label off it)



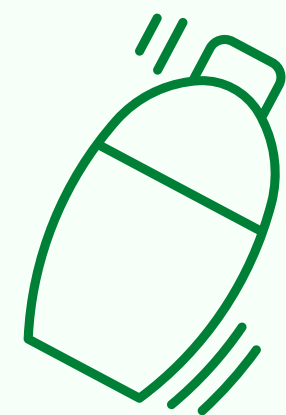
2. Pour some hot water into the jar until it is almost full



3. Add your glitter glue to the jar and put the lid on (make sure it is very tight)



4. Shake up your jar!



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