

MAKING A MINDFULNESS GLITTER BOTTLE

Ingredients:

- Clear water bottle with label removed. The smoother the sides of the bottle, the easier it is to see through the bottle. (can use mason jar but I prefer non-breakable plastic)
- Hot water
- Glitter - be sure to use fine glitter
- Light corn syrup or glycerin (found in the pharmacy section)
- Glitter glue
- Kosher salt
- Dish soap
- Super glue or Gorilla glue to glue the cap back on the bottle.

Recipes:

The following recipes are general guidelines. The time for the glitter to settle will vary depending on the type (or brand) or glitter (finer is better). If the glitter settles too fast, add more corn syrup, glycerin or more salt. If the glitter settles too slowly, add more hot water. Kosher salt will make a clearer solution than table salt. Use different colors for settling times. Glue the cap on.

Red (settling time, ~40 seconds)

1 tbsp glitter glue
 ½ tsp red glitter
 1 cup hot water
 3-4 drops dish soap

Blue (about 2 min)

¼ cup glycerin
 ¾ cup hot water
 1 tsp blue glitter
 2 tsp salt
 3-4 drops dish soap

Purple (about 3 min)

½ cup corn syrup
 ½ cup hot water
 1 tsp purple glitter
 3-4 drops dish soap

Pink (longest settling time, about 20 minutes)

2 tbsp pink glitter glue
 ¼ cup corn syrup
 ¾ cup hot water
 3-4 drops dish soap

USING A MINDFULNESS GLITTER BOTTLE

Process:

- Give the client the empty bottle. Ask them to look through the bottle. What can they see? Can they see their hand that is holding the bottle? Can they see through the bottle?
- Follow the recipe from above to help them make the glitter bottle or make it for them. Start with recipes with the shortest settling time and use increasingly longer settling times for older children and teens as they gain mastery and can focus longer.
- Ask them to shake the bottle and watch what happens as the glitter disperses in the water. Ask them to look through the bottle. What can they see now?
- Ask them to shake the bottle and imagine that their mind is revved up, wired, distracted, angry, worried, or busy. Then tell them to hold the bottle completely still and watch what happens inside the bottle.
- Explain that as they become quiet and still in their mind, their busy or angry or worried thoughts calm and clear just like the glitter settles to the bottom and top of the bottle.
- Now ask them to hold the bottle and jump up and down and twirl around and watch what happens in the bottle. Then encourage them to stop and stand completely still as they again watch what happens in the bottle.
- Explain that as they calm their body, their mind quiets and thoughts settle just like the glitter in the bottle. They feel peaceful and clear.
- Encourage them to use their glitter bottle to help them calm their hyperactivity, distractibility, anger or worry.
- Now ask them to watch the glitter settle until the water is clear again. Encourage them to breathe slowly and calmly while they watch.
- Let them take their glitter bottle home and encourage them to hold it, shake it, and then still themselves and watch the glitter settle whenever they feel distracted, upset, angry, afraid, or too revved up.