

Calm Down/Mindful Jars

Supplies:

- * Jar or Bottle
- * Food Coloring (Optional)
- * Warm Water
- * Glitter Glue (Optional)
- * Glitter
- * Gems or Other Items (Optional)

Directions:

Mix about 1 tablespoon of glitter glue with 1 cup of warm water (dependent on the size of your bottle/jar). Add food color if choosing it. Add in glitter and other items you have chosen. The warm water helps the glue dissolve. Once glue is dissolved and water is not too warm you will notice when you shake it the glitter will take longer to settle.

Discussion:

While working with the jar/bottle imagine the glitter is your big feelings and/or thoughts in your brain. When you shake the jar/bottle, it is your brain is being jumbled with all of those feelings/thoughts. Then while watching them slowly settle while you calm down and take big deep breathes until the glitter reaches the bottom. Are you calm?

Watch:

"Just Breathe" by Julie Bayer Salzman & Josh Salzman