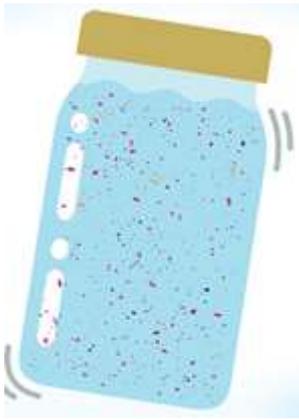


## Glitter Jar (Mind Jar)

It is normal for our minds to feel very fuzzy sometimes when we have lots of thoughts and feelings floating around. Here is a way to help your child settle their mind using a mindful breathing technique, the Glitter Jar.

This activity supports children to understand that our minds can feel very busy at times which can feel very overwhelming but there are ways to help us calm our minds.



### Glitter Jar (Mind Jar)

This activity can support children (and adults) when there are feelings of overwhelm. It can also be a useful mindfulness breathing tool.

#### Materials needed:

- An empty jar or bottle with the label removed
- Different coloured glitter
- Water

#### Instructions:

1. Explain to your child that the different coloured glitters are like our different thoughts and feelings. Ask your child to think about the different thoughts and feelings they might have in a day.
2. Fill the jar with water.
3. Invite your child to put some of each coloured glitter into the jar and name the feeling or thought as they do this.

4. Put the lid on tight and get your child to shake the jar. Ask your child what they notice? Explain to your child that at different times in our life our minds can feel very busy, like this jar with lots of different feelings and thoughts (glitter) floating around.
5. Now ask your child to close their eyes, put their hands on their bellies and breathe in for 4 and out for 6, repeat this 5 times. (Alternatively they can do any breathing technique they prefer).
6. Ask your child to look at their mind jar/bottle and notice what has happened? Explain to your child that when we take time to breathe slowly, our minds become calmer, our thoughts and feelings (glitter) are still there but we can see clearer now.
7. Encourage this practice regularly with your child, using the jar as a visual at first and then the need to use the jar will become less and less as they will have mastered mindful breathing.