



The mindful jar mindfulness activity

This activity teaches children about how strong emotions can take hold, and how to find peace when these strong emotions come up.

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.

Sometimes, our thoughts or feelings can make it hard to focus or think clearly. Make a mindful jar and use it as a tool to reset, feel calmer and more focused.

Watch the Mindful Jar video on the Children’s Wisconsin YouTube channel.

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