Mindfulness Jar

Find an old glass jar and fill with water (ask an adult to help you). If you have any glitter or food-colouring add this to the jar along with some clear glue. Watch the glitter and colour swirl around in the jar like all the thoughts and feelings in your busy brain! Watch the glitter fall and settle when you keep the jar still. Shake the jar anytime you need to take a break. Watch the glitter settle to the bottom to help calm your busy brain.



