

# Glitter Jars

Our mindfulness glitter jars will help you to understand that no matter how you are feeling, your emotions will settle in good time...  
...and everything will become much clearer.

## You'll need:

- A clean & washed jar with a lid
- Some water to fill up the jar
- Washing up liquid
- 3 different colours of glitter
- A stirrer (large lollipop stick for example)



## To make:

1. Take your jar, open the lid and pour the water in all the way up to the neck of the jar (this is going to represent your mind).
2. Take your 3 glitter colours and lay them out in front of you. These will represent your thoughts, your feelings and your behaviours.
3. Choose a colour for your thoughts and start to pour some of the glitter into the jar, thinking about letting those thoughts go.
4. Next, choose a different colour for your feelings. Think about you how it feels when you get angry or frustrated? Do you shout? Do you feel hot? Now sprinkle some of the glitter into the jar for this feeling. Repeat as many times as you like, as you think about how you feel at different times of the day.
5. For your final colour, think about the behaviours that come with these thoughts and feelings. Maybe shouting or crying? Sprinkle these behaviours into the jar too.
6. Now you're ready to add your washing up liquid, this is where the magic happens! Give your mixture a stir and then screw on the lid, nice and tight.
7. It's time to shake up the jar and watch as you notice all the glitter swirling around. Imagine these are all your thoughts, feelings and behaviours. When our minds are overthinking it can feel like lots is swirling around in our head, however you'll notice that the glitter starts to slow down and gradually sinks to the bottom. This represents everything settling down and your mind become clear again.