

Let's make a mind jar

A mind jar is a simple mindfulness tool designed to help children (and adults) visualise their thoughts and emotions, promoting emotional regulation and calmness. It's a clear jar or bottle filled with water, glitter, and glue (or glycerin) that, when shaken, creates a swirling effect.

Just like the glitter in the jar eventually settles, you can explain how mindful breathing helps swirling thoughts and feelings settle. Making a mind jar can support children by providing something concrete and beautiful for their minds to focus on and provides them with a device to practise mindfulness whenever it's needed.

Two or three different sizes of glitter if possible, in as many colours as you like.

Things you will need:

- Glass jar with a lid that seals tightly
- Glitter
- Two tubes of glitter glue
- A kettle of boiling water
- A stick or small whisk for stirring
- A sheet or two of newspaper
- Food colouring (optional)

Don't skip this ingredient! The glue is a thickening agent so that the glitter swirls around the jar before settling down.

Instructions:

1. Place the jar on the newspaper, pour in boiling water until it is about $\frac{1}{4}$ full.
2. Squeeze in the tubes of glitter glue, whisk to stir until it's all dissolved.
3. Pour more boiling water until the jar is about $\frac{3}{4}$ full.
4. Now add glitter, one colour at a time.
5. Stir again!
6. Add a few drops of the food colouring if you're using it.
7. Fill the jar with water right up to the top, then stir once more and leave to cool down. When it's cold, screw the lid on tightly and ta-da! You've made a mind jar.

Shake it up, then allow it to settle.

When the mind jar is finished, shake it up. See how the glitter is like a storm of different things swirling around in the jar, like thoughts and feelings and sensations are?

When our minds feel stormy, like glitter in a jar, it's hard to stay present, focus, and respond kindly to what's upsetting us.

After shaking the jar, place the jar on a table and sit or lie quietly, noticing as the glitter in the jar settles down on its own. Practise your mindful breathing while you watch. Notice how when you focus on your breathing, that your mind settles and just like the glitter in the jar, everything becomes clear, bright and still.



**Pause
Breathe
Smile**

