

MINDFULNESS JAR



Need a few minutes of calm? This craft project can help guide mindful breathing.



You will need:

- one clear glass or plastic jar, with a lid
- some glitter
- a few drops of food colouring
- some warm water (enough to fill your jar)
- a stir stick or spoon
- (optional) some clear glue

HOW IT WORKS

1. Pour the warm water into your jar, almost all the way to the top. Let the water cool off for a few minutes inside your container..
2. While the water is still warm (but not too hot!), pour some clear glue into the container, if you have. One or two spoonfuls of glue should do the trick. (Skip this step if you're not using glue.)
3. Use your stir stick or spoon to put some food colouring into the water/glue mixture. Stir the food colouring around.
4. Add as much glitter to your container as you'd like.
5. Put the lid on your container and shake it. Watch the mixture swirl!

Any time you are feeling anxious or stressed, or just want to see the glitter move, take out your jar, give it a shake and watch the glitter swirl and settle on the bottom of the container. Practice taking deep breaths as you watch the jar. Repeat as many times as you would like, to feel calm and happy.