



Habits for life: Make a mindful glitter jar

This will help children understand what happens when strong emotions start and can help them to find calm when feeling worried, upset or overwhelmed.

You will need:

- Jam jar or small plastic container or bottle
- Glitter glue (clear hand wash or vegetable oil)
- Glitter
- Food colouring (optional)

1. Fill a bottle or jar $\frac{3}{4}$ of the way up with warm water, a plastic bottle might be safer for younger children.

2. Add some glitter glue (1-2 tablespoons for approx. 250 ml of water used) and stir. Instead of glitter glue you can add vegetable oil or clear hand wash, this will help to make the water solution more gloopy like the glue does and will take the glitter longer to settle.

3. Add some glitter; the finer it is the more likely it will float for longer.

4. Add some food colouring if you want to, but beware not to make it too strong in colour or you will not be able to see the glitter.

5. Close the jar, for extra security seal the lid with glue prior to closing or add sticky tape round the lid afterwards.

6. Shake and watch the glitter settle.

• When you shake the jar imagine the glitter is like your thoughts, when you are sad, upset, angry or worried. See how it whirls around and makes it hard to see anything clearly? When this happens with your thoughts, it's easy to make silly decisions as your thoughts are all jumbled up. Don't worry it happens to adults too, as it is a very normal reaction.

• Put the jar down and watch what happen as you and the jar are still. The glitter starts to settle and the water clears. Your mind works in the same way. When you start to calm down, your thoughts settle and you can think and see things more clearly

