



Calming Glitter Jars

Supplies:

- Empty jar or plastic bottle
- Glitter Glue
- Hot Water
- Glitter
- Tablespoon
- Room Temperature Water
- Optional: Glue gun

What to Do:

1. Fill jar or bottle half way with hot water.
2. Depending on the size of your jar, put about 2 tbsp of glitter glue in hot water and stir.
3. Add glitter so it fills about ½ to 1 inch thick of the bottom of the jar.
4. Fill remaining jar with room temperature water leaving about ½ inch space on top for shaking.
5. Close lid and shake to mix. Note: Jar may work best when all water inside has cooled to room temperature.
6. Optional: To avoid spills, use a glue gun to glue the lid to the bottle/jar.

The glitter moving around represents all of the thoughts and feelings that occur when feeling anxious or upset. With rest and trying to keep calm, the glitter slowly moves back down to the bottom. This represents the use of mindfulness techniques. With mindfulness practice, the mind becomes clear and more relaxed – there is no glitter moving around to distract thoughts. Visualizing the glitter gently falling when stressed can facilitate relaxation and produce a calming effect.

Source: Get Experience In Mindfulness 4-H Curriculum