



Activity 7

Making a Mindfulness Jar

Objectives:

- Involve the participants in something that will facilitate mindfulness and relaxation.
- Coach participants in ways to soothe themselves, calm down, and work through emotions.
- Provide something tangible for participants that they can keep in their living or classroom space.

Materials:

- Clean plastic bottles
- Hot water
- Mixing bowl (preferably one with a pouring spout to easily put it in the calm down jar)
- Whisk
- Liquid watercolor or food coloring
- Fine glitter
- Elmer's Washable Clear Glue

Steps:

1. Pour glue and hot water into the mixing bowl, along with some liquid watercolor or food coloring, and glitter.
2. Mix with the whisk. When everything is blended, mix vigorously then pour right away into the water bottle. The last stir helps get the glitter to transfer to the water bottle instead of settling in the mixing bowl.

NOTES:

- The preschool inspiration site <https://preschoolinspirations.com/6-ways-to-make-a-calm-down-jar/> provides instructions for making the mindful jars six different ways. Ingredients include plastic jars, glitter, glue, water and /or corn syrup. To make your own, take a look at the site and select a recipe or use the one above.
- This video <https://www.youtube.com/watch?v=sT2WjQxuEnE> also provides step-by-step instructions.
- Use this activity one-on-one or in a small group. You will need warm water, which may not be suitable to a large group training. Also make sure to cover the area with paper to prevent messes.
- Materials may be found at arts and craft stores or through Amazon (they have large jars of clear glue). Voss water bottles work best and may be cheaper than mason jars.