

# Mindfulness Glitter Jar

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Looking for a FUN way to engage your littles in mindfulness practice! While also demonstrating what's happening in their mind and body when they are in the red zone?

Well look no further! Here is a SIMPLE recipe for making a Glitter Jar!

What you'll need:

- ✨ empty plastic bottle (any size)
- ✨ food colouring
- ✨ glitter glue (dollar store has a great selection)
- ✨ small funnel
- ✨ at least 2 different colours of glitter (fine and coarse - works with just one/ the other)
- ✨ water
- ✨ hot glue gun (optional, if you'd like to seal the lid shut)

How to make it:

- ① fill the bottle about a 1/4 of the way with HOT (but not boiling) water
- ② add a good amount of glitter glue (try 3 big squeezes) - this is what is going to help suspend the other loose glitter so that it doesn't just immediately fall to the bottom of the jar (more glitter glue can be added later on)
- ③ put the lid on and shake it until the water and glitter glue are fully integrated
- ④ add in desired amount of loose glitter (adding too much may lead to cloudiness and difficulty differentiating each colour) - use small funnel to help with accuracy
- ⑤ fill the bottle up to the 3/4 mark with warm water
- ⑥ put lid on and shake it up again
  - ✨ test and see if the glitter is falling too quickly; if so, add in another squeeze of glitter glue and repeat until desired speed of glitter "settling" is reached
- ⑦ add ONE drop of whatever colour food colouring the child desires (if too many drops are added it is difficult to see the glitter shine through)
- ⑧ fill the bottle up a little bit more, but leaving some room at the top to allow for movement when shaking up the bottle later on
  - ✨ If you notice that your glitter isn't sinking, but rising to the top of the bottle instead, add in one or two SMALL drops of dish soap and they should begin to sink
- ⑨ seal lid with hot glue if desired

✨ How to make this a mindfulness activity ✨

While following the above steps, talk about how the bottle represents the child's mind and body, the food colouring they select represents when the water (their internal experiences) is clear and calm, and the different colours glitter represent feelings, thoughts and impulses (urges). When the bottle is shaken up- "stormy", this represents when the child is hyper-aroused, not able to think clearly and may not be making unhealthy choices. When the bottle (child's body and mind) is given time to settle (while taking slow, deep breaths), the beautiful colour that they picked the water to be will start to shine through, representing clear thinking and a calm body.

Enjoy!