

Calming Jar



Kids, tend to act out their difficulties rather than share them in words. We adults are often only marginally better. When words are unavailable, it helps to find other ways to demonstrate the connection between thoughts, feelings, and behaviours.

A Calming Jar/Mind Jar is one way to "shake" off these big emotions. Calming jars gives us a chance to release our initial frustration, time to think about what we are angry about and why, and an opportunity to sit with these thoughts and feeling.

What you'll need:

- A jar with a lid (mason jars are great to use)
- 1-2 tablespoons of glitter glue or clear glue
- 3-4 tablespoons glitter
- Warm water
- Food colouring

Steps:

- Fill the jar with warm water, leaving a small gap at the top for shaking room
- Add the glue, glitter, and food colouring in the jar. The warm water will break up the glue which makes the glitter move more slowly in the jar.
- Screw the lid on tight and shake until ingredients are mixed
- SHAKE!
- Let it settle.