



MINDFULNESS

20 DAY CHALLENGE

1999-2019

20

YEARS

OF Premier Education

The Mindfulness Jar

Sponsored by Premier Education

Overview: A great visual demonstration of how calming activities can help our emotions.

Time: 20-30 minutes.

Equipment required: A jar, water, glitter glue.

Benefits:

- Helps explain emotions in a visual, easy-to-understand way.
- Encourages children to take moments of calmness when overwhelmed.
- Watching the glitter swirl can be calming in itself.

The exercise:

1. Supervising the children, take a clear jar and fill it almost all the way with water.
2. Next, add a big spoonful of glitter glue (or glue and dry glitter) to the jar. Put the lid back on the jar and shake it to make the glitter swirl.
3. Use the script in the next box or take inspiration from it to form your own mini-lesson.
4. Invite the children to focus on one emotion at a time, and discuss how the shaken jar and still jar can represent different feelings.

The script:

"This jar is like your mind, and the glitter is like your thoughts. When you get shaken up [shake and swirl the jar] - feeling stressed, scared or upset - You can see how busy and confusing your thoughts get. That's why it's so easy to make silly decisions when you're upset - because you can't see clearly. Don't worry, this can happen to any of us - even grown-ups."

[Now put the jar down in front of them.]

"Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer."