

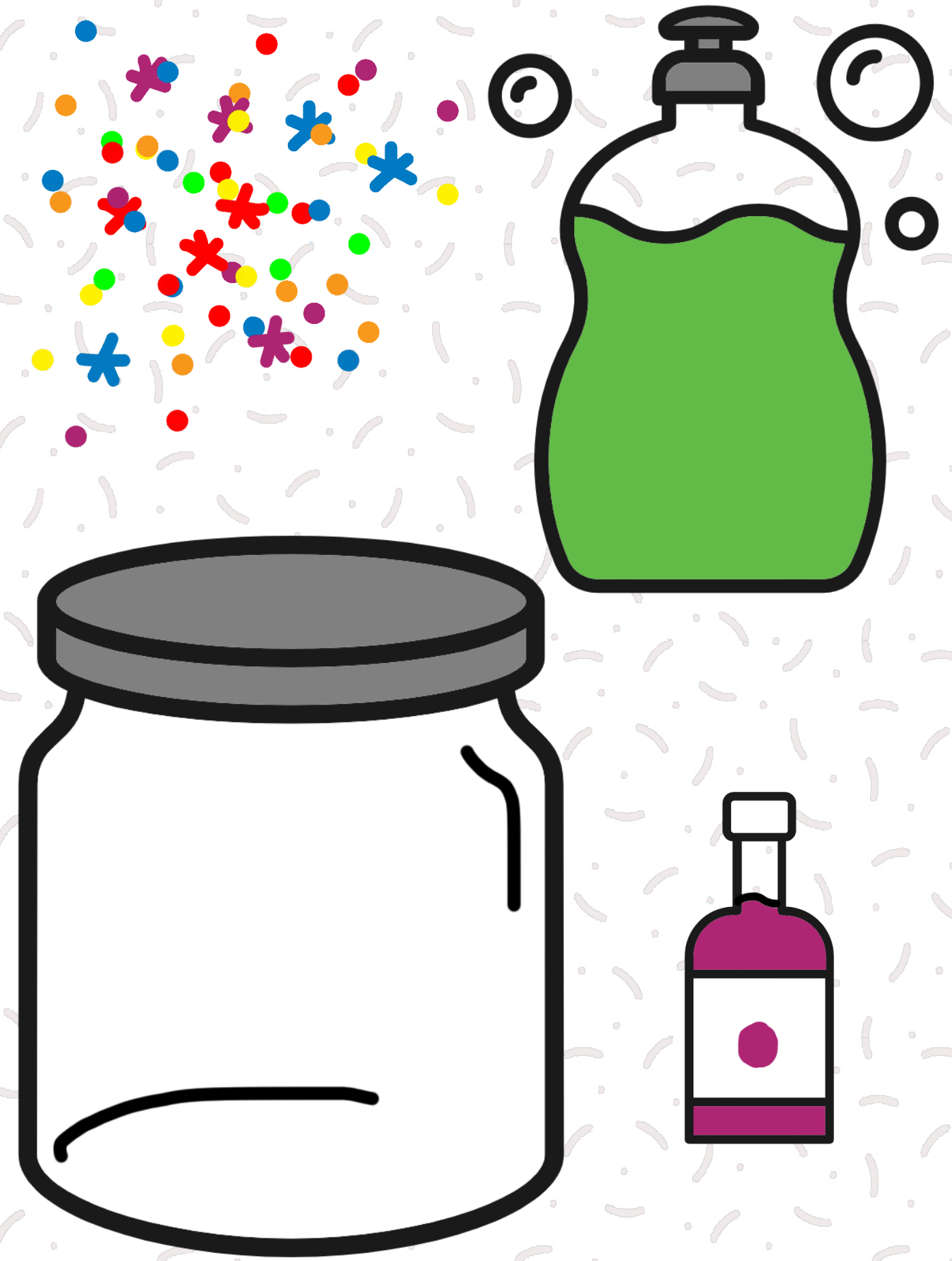
Glitter Jar

For ages 4 - 11

Things you will need:

- A small clear jar or bottle, it just needs to have a watertight lid.
- Dry glitter, different colours would be great.
- Washing Up Liquid.
- Food colouring. You could still make without this but it looks great with it!

You can make more than one Glitter Jar and experiment with different colours.



How to make a Glitter Jar:

- Make sure your jar/bottle is clean and you've removed any labels or stickers.
- Fill the jar with water so it's full.
- Add a few drops of food colouring to the water.
- Add a small amount of washing up liquid.
- Add the glitter and seal the jar.

Carefully shake the jar to mix all of the ingredients together

Glitter Jar

A glitter jar is something your child can make and then use to help them feel calmer and less confused about their feelings. When words are not easy to find for you or your child, a Glitter Jar can help you talk to each other and helps your child understand how our thoughts and feelings link together.

A glitter jar works well with children aged 4-11. But it can be used for children and young people of all ages to help with other mindfulness exercises such as mindful breathing.



Explaining the Glitter Jar:

Whilst making it, talk to your child about the glitter jar. Explain to them that the jar is like their brain and that the glitter is like all of their thoughts and feelings. Try to get your child to name some of their feelings when they add the glitter to the jar. 'red glitter is for anger' blue glitter is for sad'

Eventually your child might feel confident to use the glitter jar by themselves during a moment of reflection or time-out.

Using the Glitter Jar:

- When your child is feeling tense, confused or anxious take some time to sit with them and use the glitter jar.
- Talk about how the glitter starts off being very calm and settled at the bottom of the jar.
- Then when you shake the jar, the glitter becomes very muddled and is swirling around the jar, just like when the thoughts and feelings in their head become chaotic or confusing.
- Sit and watch the glitter slowly settle and come back to the bottom of the jar. This can take several minutes.
- Help your child to think about how sometimes they just need to wait for their feelings to settle too. Then the jar, just like their brain, becomes clearer again.