

Mindfulness Jar Project



Description: Create a mindfulness jar and practice using it to help manage strong emotions and stress.

Time to complete: 15-30 minutes

Supplies Level: Medium

Tags: Pre-K – 2nd, 3rd – 5th, Self-Awareness, Developing Character

*Mindfulness jars magically calm your emotions and bring you into the present.
Practicing mindfulness can help you be self-aware and cope a healthy way.*

Steps to Complete

Step 1: Gather your supplies. You will need a jar (8-10 oz, glass or plastic), clear glue, food coloring, warm water and glitter. We recommend using Elmer's Clear Glue, extra-fine glitter, and a jar with a good fitting lid and no markings on it.

Step 2: Fill the bottom ½ inch of your jar with glitter. Add clear glue on top of the glitter until the bottom inch of the jar is filled. Drop 1 to 2 drops of food coloring in and fill the jar to the top with warm water. Be sure the lid is tightly closed before shaking.

Step 3: Give your jar a shake! Does it remind you of what your mind feels like when it's angry, frustrated, or anxious? Now, breathe slowly and stare at the jar watching the glitter settle to the bottom. As the glitter settles your body and emotions should calm and bring you into the present. Repeat for five minutes.

Step 4: Practice using the mindfulness jar for a week using the attached sheet.



We'd love to know what you thought of this project. Be sure to go back to the project page on Inside Out Club @Home and leave a review!



My Mindfulness Tracker

Name: _____

Day & Date	Mindfulness Activity (Jar and/or Breathing)	Time spent

TOTAL TIME: _____

Will you continue to practice mindfulness? (Circle One) Yes Maybe No

Why or why not?
