FYI Glitter Jar

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

FYI Glitter Jar

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

It can be used to help with other mindfulness exercises such as mindful breathing.

EXPLAINING THE GLITTER JAR

The jar is like your brain and that the glitter is like all of your thoughts and feelings.

Try to name some of your feelings when you add the glitter to the jar. 'red glitter is for anger' blue glitter is for sad'

You might want to use the glitter jar during a moment of reflection or time-out.

USING THE GLITTER JAR

When you are feeling tense, confused or anxious take some time to sit and use the glitter jar.

- Think 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 thoughts and feelings in your 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.

- Think about how sometimes you just need to wait for your feelings to settle too. Then the jar, just like your brain, becomes clearer again.