

Create A Calm Jar

For children who are still learning about feelings, relaxation techniques and mindfulness a calm jar can be a useful and fun tool that you can make together.

1

Take a clean jar or container and fill three quarters of the way with water. Have the child pick three different colours of glitter/ sequins or other small object. Explain to them that these each represent feelings, thoughts and urges to act and that the jar represents their mind. Place the glitter in the jar along with a little bit of liquid glue if you want the glitter to settle slower and food colouring if you have it.

2

Now explain to the child that events that happen during the day, good and bad cause the jar to swirl and become busy. Note how it is hard to keep track of our different thoughts feelings and urges. We cannot see clearly anymore.

3

Explain that to see clearly again we must be still and patiently wait for the glitter to settle. The thoughts, feelings and urges are still there but once they are settled on the bottom we can see clearly again and carry on our day unclouded by them.

4

You can also go on to further explain ways of calming down and clearing our minds using the jar as a visual tool. For example, shake the jar and practice slow deep breaths alongside your child noticing how the glitter is gradually settling as their thoughts, feelings and body calms.

