

**make
your
own**

**Ages 2
and up**



Make a 'mind jar' - explore thoughts and feelings

A simple and fun activity to create a 'mind jar,' aimed for children to understand and express their thoughts and feelings.

Learning benefit/skill development

- Science: why does the glitter swirl around and then fall? (extension for older children).
- Health & wellbeing: this activity supports children to tune into their thoughts and feelings as well as empowering them with strategies to support their own wellbeing.
- Fosters children's curiosity

What you'll need

- 1 empty jar with a lid (no labels)
- Depending on the age and ability of the child, you may want to use a plastic container instead of a glass jar (such as a juice bottle).
- Hot water
- 2 tablespoons of glitter glue

Method

- Fill the jar almost all the way with hot water (adult supervision required).
- Add the glitter glue.
- Tightly secure the jar lid.
- Shake and then watch what happens!

The bits of glitter will swirl around in the jar. Imagine these are like all the thoughts and feelings in your brain and body when you are excited or overwhelmed.

Notice how when you keep the jar still the glitter starts to settle down; this is the same for your thoughts and feelings if you take some deep breaths and keep your body still.

You can shake the jar up and watch the glitter settle to help you calm your thoughts and feelings anytime you feel you need it.

