

Mindfulness Jar and Recipe

A Mind Jar can be shaken, and it is filled with glitter. The glitter represents how busy our mind and body can be with thoughts and physical sensations, such as anxiety and worrisome thoughts. For kids, shaking up the mind jar is way of expressing how they feel. Watching the glitter slowly settle and noticing the breath while doing so teaches kids a way of self-regulating their emotions, and allowing thoughts or reactive tendencies to settle.....just as the glitter settles. Eventually, we can see more clearly through the jar, just as we teach ourselves to allow the mind to settle, we “pause” and learn how to respond to a situation more skillfully, rather than impulsively react.

Choose your container(s) and heat enough water to fill the container almost to the top (quite hot water, but not boiling). When water is heated, ideally in a large measuring cup, add a lot of glitter glue (any color) and whisk it so the glue doesn't clump. Essentially, add glitter glue as well as any combination of colors and textures of regular glitter. Add a few drops of a clear dishwashing soap (like Dove) and a far amount of glycerin (this thickens the water and makes the glitter drop more slowly). If you can't find glycerin at your local craft store, I'm told that light colored corn syrup also works well.

Now here is the in-exact science of it: Put the lid on tight after you've poured your mixture over into the mind jar container. Shake it up and decide for yourself if there is enough glitter, too much glitter, and if the solution is thick enough to suit your liking. If you want to make adjustments, pour the solution back into a mixing cup and adjust the thickness and amount of glitter. Just repeat until you are pleased with the way your Mind Jar “behaves” when you shake it up. When you're satisfied, use a super glue adhesive to seal the lid on tight and prevent leaking (or a child opening it up!). And voila!