



GLITTER JAR

Used For:

Relaxation

Supplies Needed

- Little Water Bottle
- Glitter in Various Colors
- Clear Glue

Why it is important:

Glitter jars, also known as stress relief jars or calm-down bottles, are a popular mindfulness tool for kids of all ages.

Detailed Description:

Add a quarter size amount of glitter glue or clear gel glue to the bottom of the empty water bottle and fill the bottle 3/4 full of warm water. Shake the glue and warm water to break up the glue. For every thought the child has generated for anger, add a pinch/shake of glitter. After all the thoughts have been accounted for, shake up the bottle and have the child practice focusing on the calming jar until all the glitter has settled.