



# Activity: Mindfulness Calming Jar

## Objective

One of the "big" emotions that we experience is anger. Sometimes acknowledging our anger and finding healthy ways to express it can be really hard. Calming jars gives us a chance to release & settle when we have a flurry of big feelings.

## Instructions

- Fill the jar with warm water, leaving a small gap at the top for shaking room.
- Invite participants to choose which colors they prefer for their glitter and food coloring.
- Add the glue, glitter, and food coloring in the jar. The warm water will break up the glue which makes the glitter move more slowly in the jar.
- Screw the lid on tight and shake until ingredients are mixed.
- SHAKE & mindfully notice how the glitter slowly moves down towards the bottom of the jar - settling back into a place of calm.



## Supplies

- A jar with a lid (mason jars work well)
- 1-2 tablespoons of clear or glitter glue
- 3-4 tablespoons glitter
- Warm water
- Food coloring

## Additional Ideas

Taking deep breaths can also be helpful when you're feeling angry. Check out the video "[Just Breathe](#)" where kids talk about how to use deep breaths to calm down when they are experiencing anger and other "big" emotions.