



MAKER ED PRESENTS

LEARNING IN THE MAKING

HOW TO MAKE A MINDFULNESS GLITTER JAR

INTRODUCTION

Glitter Jars, also known as Calming Jars, are designed to soothe and relax a person who is feeling stressed out. When words are unavailable, it helps to find other ways to demonstrate the connection between thoughts, feelings, and behaviors. A glitter jar provides a visual metaphor that illustrates how **mindfulness** (the cultivation of stillness in the face of swirling chaos of life) affects us. Like glitter moving crazily through water in a jar, emotions can make us feel all shook up inside. And when this happens, you can utilize the glitter jar by shaking it. As you stare at the glitter moving through the jar, make sure to breathe in and breathe out. The glitter will begin to settle and calm down in the water just as your emotions will begin to do the same. Allowing yourself to take a beat can help refocus and refresh an overwhelmed mind. Check out [Esme & Roy](#), by Sesame Street Workshop, that shows how a glitter jar can be used as a mindfulness practice.

When can you imagine yourself using your mindfulness glitter jar?



IN THIS ACTIVITY YOU WILL:

- Make a mindfulness glitter jar
- Learn about **density** while learning how to regulate your emotions

Tools & Materials of Making

Get creative and use whatever materials you have available.

Here are some suggestions to start with:

- A clear jar or plastic bottle
- Warm water
- Clear glue, glitter glue
- Oil
- Food Colouring
- Glitter!
- Funnel
- **Tools:** Pens, Pencils, Markers, Paper



Subject

Science
Art
Social-Emotional Learning



Standards

PS1.B: Chemical Reactions
NGSS 5-PS1-3. Make observations and measurement to identify materials based on their properties



Grades

k-2nd
3-5th
6-8th
9-12th



Key Terms

- Self-regulate
- Mindfulness
- Viscosity
- Density
- Buoyancy



Watch the video here:
http://bit.ly/mindful_glitter_LTM

ACTIVITY INSTRUCTIONS

1. **Add** about half of warm water to your jar or bottle.
2. **Squeeze** about ¼ bottle of *preferably* clear glue into the water in your jar **OR** fill the other half of the container with vegetable oil. Make sure to leave some room on the top for easy flow of water and vegetable oil.
HINT: You can make two glitter jars! One with glue and one with oil and compare and contrast how they work.
3. **Stir** until it combines with the water.



4. **Add** around 3 drops of food coloring and stir. You can add more or less depending on your preferred shade, but remember not to add too much or the mixture will become very dark and it will become hard to see the glitter.
5. **Pour** in the glitter! Again, you can use more or less than suggested, or go for a mix of chunky and fine glitter to give more texture to your jar. Stir well until combined with the existing mixture.
6. **Fill** your jar with the rest of the warm water, until it is almost full. Leave a little gap at the top of the jar to allow the mixture to move.
7. **Use** tape to secure the bottle and make sure it stays closed shut
8. **Shake!!Shake!!Shake!! BREATHE!**

What's going on?

Oil and water have different densities. Because the oil is less dense it rises above the water. When you add the food coloring, it only colors the water because it is a water-soluble dye. Liquid food coloring is water-based, which is why it doesn't mix with the oil even when you stir it. Instead the food coloring breaks up into small droplets which become temporarily suspended (floating) within the oil.



Extension Ideas

There are many variations of this practice:

The jar is like our mind and each glitter color can represent different feelings.

- Red for thoughts
- Gold for feelings
- Silver for urges to do things.
- Pour in a little bit of glitter with each comment.

A finished glitter jar can serve as a visual timer for other practices, such as breathing practices. For example, you can shake the jar and say: "Let's do some mindful breaths until the glitter settles."

REFLECT



- As you watch your glitter jar, what do you notice? How does your body feel? How does your mind feel?
- How can you remember to get your mindfulness jar when you are having a difficult moment?



Created in collaboration with:
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For more resources, visit us:
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