



Mind Calming Glitter Jar



You will need a container or jar, clear glue, glitter, water, food colouring and strong tape.



Add $\frac{1}{2}$ water and $\frac{1}{4}$ glue to the jar, leaving a gap at the top.



Add some glitter to the jar.



You can fill any remaining space with some more water. Then put the lid on and attach some tape around the lid, so that the water does not leak.

Why use:

Our emotions can sometimes feel overwhelming or make us feel like we've lost control, therefore making it difficult to self-regulate our feelings. The glitter jar is used as a focus tool.

The glitter moving in the jar represents our feelings of being overwhelmed with big emotions. Watching the glitter moving around in the jar, allows time to be thoughtful and aware of the things going on around us, to give time for breathing and allow the body to return to its calmer state.

Watching the glitter settle can be represented as our thoughts settling.

For more information about how we work please contact:
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