

# The Mind Jar

You will need:

- a clear plastic jar with a tight-fitting lid
- warm water
- clear craft glue (Elmer's Clear School Glue)
- colorful glitter

## *Child Safety Note*

*\* GLITTER CAN BE A CHOKING HAZARD.\*  
Do not leave your child unattended with a mind jar. Keep it stored out of reach of your child.*

## Directions:

Fill the jar with the warm water and add the clear glue and stir. Once the glue has dissolved and made the water thicker, add the glitter and close the lid tightly.

Imagine that this jar represents your mind. Shake up the mind jar and set it down. The chaos of the glitter represents your mind when something stressful happens. Your thoughts and feelings are swirling around, distracting you, and making you feel stressed, just like the glitter swirling through the water.

The purpose of this exercise is to find your breath. Don't do this if meditative breathing could/ does trigger you! Find a comfortable sitting position with your hands relaxed in your lap, eyes slightly open, not quite focused but looking at something a few feet in front of you.

Breathe in through your nose to a count of 4.

...1...2...3...4...

Notice your breath as you inhale and allow it to fill your lungs deeply. As you breathe in, allow your belly to expand. Hold the breath for a few seconds, then allow your breath to release for a count of 7.

...7...6...5...4...3...2...1...

Take three or four of these deep breaths.

Notice what has happened in your mind jar while you were breathing. The glitter has settled to the bottom, just as your swirling thoughts and feelings have settled in your mind.