

DIY GLITTER JARS



HOW TO MAKE A GLITTER JAR

1. Fill up your jar with about 3/4 of the way with warm water
2. For every cup of water you use, add 1-2 tablespoons of glitter glue or clear glue to the jar
3. Add the glitter until it's a 1/2 - 3/4-inch deep from the bottom of the jar
4. Stir
5. Add a few drops of food coloring for a bolder color
6. Add beads, gems, sequins, or other small accessories (optional)
7. Seal the lid with glue for extra protection before closing (optional)
8. Close the jar
9. Shake your sensory jar and watch the glitter slowly float around

If you would like a visual instruction, search "DIY How to Make a Glitter Jar" on YouTube





PRACTICING MINDFULNESS WITH YOUR GLITTER JAR

Using a mindfulness jar is just one way to practice short bursts of mindfulness throughout the day. You can do this exercise anytime you find yourself feeling tense, angry, frustrated, nervous, overwhelmed, or confused. Bring yourself back to the present moment, to right here and right now.

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1. This jar represents your mind. The liquid is clear and all the glitter is sitting at the bottom.
 2. The jar is calm. This would be your mind when you are feeling calm, alert, balanced, and rested.
 3. Your mind is clear and you are thinking clearly.
 4. Take a deep breath and think about where you are in this present moment, right here, right now.
 5. Notice what you see, hear, smell, taste and feel.
 6. You are paying attention to the present moment in a particular way; that is, on purpose and without judging or reacting.
 7. Shake the jar and watch the glitter swirl around in the jar. Each piece of glitter in this jar represents a thought, feeling, memory, story, a to-do list, an event last night, a due date tomorrow.
 8. Think of the jar as your mind when you have strong feelings or many, many thoughts swirling around in your head. This can create stress in your body and shallow quick breathing. It's hard to focus. You may react quickly or say something without thinking.
 9. Now, let's see what happens to your mind when you just sit quietly for a minute and breathe slowly, inhaling and exhaling through your nose. If a new thought comes to your mind and you notice it, simply go back to focusing on your breath.
 10. Watch the glitter in the jar slowly falling. The water in the jar becomes clearer as the glitter rests at the bottom of the jar. Notice if there is a change in your body and in your mind, also.
 11. Does the mind in the jar match the mind in your head? It might not, it takes practice. It is simple but not always easy to do. With daily practice you will quickly get better at it.