

# Create Your Own Calm Jar

Being mindful is all about learning to pay attention.

By focusing our thoughts, we can help settle the mind.

This is particularly important when we are facing strong and difficult emotions.

When we are **stressed, anxious, sad** or **angry**, we can quickly get carried away by our emotions and this can affect our mood and behaviour.

However, by being mindful we can help focus and settle the mind when we experience difficult emotions.

This activity allows us to be creative and to make a 'Calm Jar'. This is a simple mindful tool that we can use to help us calm when we feel **stressed, anxious, sad, angry** or just out of sorts.



## Preparation

### You will need:

- An empty and clean jam jar or bottle
- Water
- Glitter glue
- Fine glitter or glitter shapes
- Food colouring (optional)

## Instructions (please ask for help from an adult when making the jar):

- 1** Start by filling the jar or bottle with water almost to the top. Remember to leave a little space.
- 2** Then add the glitter glue to the jar. You can squeeze in as much as you like. It is your Calm Jar, so be creative!
- 3** Next, add the extra glitter and glitter shapes to the jar. Perhaps notice how cloudy and mixed up the water and glitter has become.
- 4** If you are using the food colouring, add a few drops to the water now.
- 5** Finally, screw on the lid of the jar or bottle. Make sure it is tight and leak proof!

### Using the Calm Jar

When we are **stressed, anxious, sad** or **angry**, our mind is like the Calm Jar when it is shaken up.

Our thoughts become busy and mixed up. If we get caught up in our stresses and problems, it is like shaking the jar and it just keeps our thoughts busy and not calm.

When we feel stressed we can use the calm jar to help us settle.

- 1** Start by picking the jar up and giving it a good shake. Allow the glitter to get mixed up and 'busy'.
- 2** Then, place the jar on a table or flat surface and focus on the movement inside the jar. Watch as it swirls and moves.
- 3** Just keep focusing your attention on the jar, watching as it settles. There is nothing else to do. Just giving yourself a few minutes to calm.
- 4** If the mind wanders, that is OK. Nothing has gone wrong. Just gently bring your focus back to the jar.
- 5** See if you can stay focused on the water until it settles and becomes still.
- 6** Then, notice how you feel. You will probably notice that you feel a little calmer, more settled.
- 7** If not, you can begin again, shaking the jar and watching it settle.