



MINDFULNESS FOR KIDS AND TEENS – CALMING GLITTER JAR

ARTICLE BY [CHRIS BERGSTROM](#) IN [BLISSFUL KIDS](#)



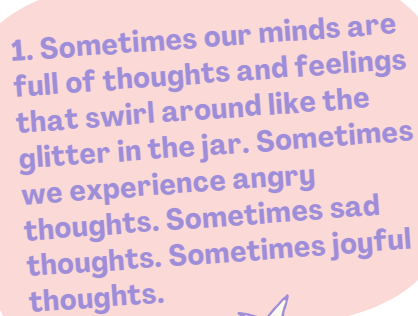
The Calming Glitter Jar is a mindfulness tool and it can help to relax both kids and adults. The Calming Jar offers a practical way to “meditate” and connect to the present moment for kids of all ages.

The Calming Jar Helps Children To:


- Increase the ability to focus
- Relax and self-sooth
- Learn that paying attention to their senses helps them regulate emotions

SCRIPT FOR THE CLASSROOM/PARENTS

Shake the jar until the glitter is swirling wildly, then set the jar down on a table/floor.



1. Sometimes our minds are full of thoughts and feelings that swirl around like the glitter in the jar. Sometimes we experience angry thoughts. Sometimes sad thoughts. Sometimes joyful thoughts.

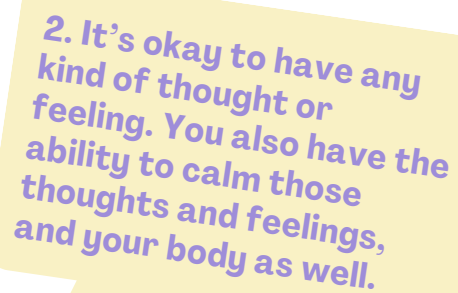


After the glitter settles, you can ask your class/children if they notice any difference in how their minds and bodies feel.

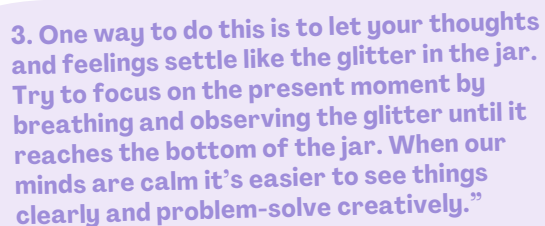
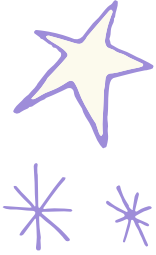


SENSORY AWARENESS IS MINDFULNESS

We can pay attention to what we smell, touch, hear, see, or taste. Whenever we bring awareness to what we are experiencing with our senses, we are being mindful. When you pay attention to your senses, you shift your focus away from your emotions and thoughts. Instead of worrying about the future or the past, you focus your mind on the present and reduce the brain chatter. When we do this simple act, our minds calm down.



2. It's okay to have any kind of thought or feeling. You also have the ability to calm those thoughts and feelings, and your body as well.



3. One way to do this is to let your thoughts and feelings settle like the glitter in the jar. Try to focus on the present moment by breathing and observing the glitter until it reaches the bottom of the jar. When our minds are calm it's easier to see things clearly and problem-solve creatively.”

