

Glitter jar

Sometimes our thoughts and emotions can get stirred up, and this makes it hard to think clearly. A glitter jar can be a tool to help you settle your feelings.



1

Pour water into the jar, then add a big squeeze of glue. This will make your glitter swirl around and settle slowly.

The glue and water will mix when you shake it later.

★ FOR THE GROWN-UPS...

To dispose of the jar, it is best to strain the glitter out using paper towels and put it in the garbage. Most glitter is made of plastic and can enter waterways if put down the sink.

As seen in DK's



What you'll need:

- Water
- An empty jar with a lid
- Craft glue
- Glitter (different sizes work best)

Feel your thoughts and emotions settling with the glitter.

2

Add glitter to the jar. It might float at first, but don't worry. Different colors can represent different emotions.



3

Put the lid on tightly and gently shake your jar. Watch the glitter get stirred up.

The glitter will mix together as it swirls around.





4

Watch the glitter as it falls. How many out-breaths does it take for the glitter to settle completely?

5

Anytime you feel stirred up inside, shake the jar and patiently watch the glitter fall. How do you feel as the glitter settles?

