

USING A MIND JAR TO UNDERSTAND HOW TO CALM YOUR THOUGHTS

What are thoughts?

Our brains produce constant thoughts. Thoughts are always followed by emotions and behaviours. For example a child may be thinking "I'm going to do so bad on my test today!" The emotion or feeling associated with this negative thought could be nervous.

The behaviour that follows could be crying before their test. To help children understand their thoughts and how we can calm the negative chatter that goes on in our heads and focus on the present moment is by using a mind jar.

Mind Jar

The glitter in the mind jars represents our thoughts, feelings, behaviours, and emotions. Ask your child to shake their jar! This shows children that our thoughts can cloud our vision, and when that happens, it is difficult to think positively or understand what's going on. When this happens you can encourage your children to be still and focus on their breathing. Place the jar on a table, and ask children to watch as the glitter falls to the bottom of the jar, clearing the water. Being mindful does not get rid of our thoughts but it helps us to see clearly, focus on the present moment, and not allow our thoughts to control our lives!



Mason Jar
Glitter
Corn Syrup
Warm Water
Dish Soap

Add a generous layer of glitter to the bottom of the mason jar. Add 1 Tbsp of corn syrup and fill the jar with warm water, leaving a little room at the top of the jar. Stir the ingredients in the jar. Once the glitter has settled to the bottom of the jar, add a dash of dish soap. Screw the lid on tightly and glue gun the lid shut if necessary.

<https://www.youtube.com/watch?v=RVA2N6tX2cg&t=52s>

Share the above link with your child to better understand mindfulness, and how the calming jar can support them.

