

CALM & CONNECT WITH THE MINDFUL JAR

Used as a calming tool to aid emotional regulation, focus on breath work, encourage mindfulness and promote relaxation.



How to make:

- 1 jar or bottle
- Fill with 3/4 water
- Fill with 1/4 clear PVA glue (the more glue you add the slower the glitter swirls & settles)
- Glitter (small amounts so you can always add more if needed)
- Sequins (optional)

Add all the above into bottle then shake for a few minutes until all combined.

How to use:

Shake the jar and watch the glitter swirl and settle. Notice how many colours, shapes and patterns you can see.

Take some deep breaths-in through your nose and out through your mouth as the glitter swirls around.

Imagine the glitter is like your thoughts, when you shake the jar your thoughts are swirling around, then watch them slowly settle as you calm.