

## Mind-Glitter Jar

### Materials:

Clear jar with screw-on lid (e.g. glass Mason jar or plastic jar)

Craft glitter (glitter intended for snow globes such as a “tinsel” glitter work the best)

Measuring spoons

Water

### Instructions:

1. Add ¼ teaspoon of glitter for every six ounces of water to clear jar. (Depending on the size of the jar, more glitter can be added.)
2. Add water to the jar, leaving a little air space towards the top. Tightly secure the cover on the jar.
3. Shake up the glitter jar to see a representation of how our minds might feel when we're stressed and/or anxious.

You can't see through the jar or think clearly because too many things are going on at once! When you practice deep breathing, guided imagery or other stress-reduction techniques, your mind will start to quiet and you will be able to think more clearly, similarly to when the glitter settling to the bottom of the jar.

