

Mindfulness jar



A mindfulness jar is a wonderful way to express our feelings visually

- ♦ You will need an empty clear jar with a lid, pour in some warm water, clear glue and glycerine (optional) add a few drops of food colouring, pour in some glitter and whisk together.

Mindfulness jar

By placing glitter into the jar it can represent our thoughts, feelings and behaviours.



- When we feel upset we can shake the mindfulness jar and watch the glitter move around slowly before settling.
- This will just be like our thoughts swirling around in our mind before they finally calm and settle.

- We can also use our mindfulness jar as a visual timer for doing some mindfulness exercises and breathing.

Take 5 Breathing

