

# Mindful Activity

## *Exploring emotions through a Mind Jar*

We all know children have BIG emotions and sometimes it can be hard for them to understand these emotions. That's why I love mindful activities, as they are a great way to have fun while teaching our children some great lessons.

The mind jar is an awesome activity to do at home with your child .This activity helps show children be more mindful when they are struggling with their big emotions...

What you need:

Plastic bottle or jar

Glitter

Glitter glue

Water



Method: Place all of the above materials into your jar or bottle and seal the lid with a glue gun. Shake the jar up and explain to your child, "When you shake the jar the glitter is like your mind and your emotions when you are upset, frustrated or angry. But when you stop and breathe all your emotions calm down just like the glitter." Keep the mind jar handy so the children can reach for it whenever they need to calm themselves down.

