



## The Glitter of thought jar



An effective way for your child/children to see how their thoughts and emotions work is to introduce them to this glitter of thought jar.

These glitter jars are a great way to calm and soothe your child and by using it this way your child can learn to calm their thoughts and feelings down.

You will need:

- An empty jar



- Glitter - If you don't have glitter, then you can use some seeds. Make sure you soak them in water 1st though, or they may just float.
- Water

1) Fill the jar with water and sprinkle the glitter into the water. Screw the lid on tightly and shake up the jar and put it down in front of the child.

2) Ask your child to focus on their breathing while they watch the glitter or seeds. Explain to them that the glitter is like their thoughts, swirling around in the water, slowly sinking until they settle on the bottom.

3) Explain to your child that while they're thinking about their breathing, their feelings and thoughts settle down, just like the glitter or seeds. They have the power to let them settle simply by focussing on their breath.

This is a great fun mindfulness tool for every day and also if your child is feeling anxious.

Have fun!

Libby

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