

MINDFULNESS ACTIVITY

The Mindful Jar

This activity teaches children about how strong emotions can take hold, and how to find peace when these strong emotions come up.

You will need:

- A clear jar with a tight fitting lid
- Water
- Clear glue or glitter glue
- Dry glitter

Fill the jar almost all of the way with water, then add some of the glue and the dry glitter. Note that the more glue you add, the longer it will take for the water to settle. Make sure the lid is on tight as it will be shaken.

Finally, use the following script or take inspiration from it to form your own mini-lesson:



“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. Notice how it whirls around and makes it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly.”

Now, put the jar down in front of them and have them sit still and watch the glitter settle.



Take 5 Mindfulness, a free resource offered through Children’s Hospital of Wisconsin’s e-Learning program in partnership with Growing Minds, is a series of videos that offer guided exercises to develop mindfulness. **Visit missionhealthykids.org and click on the Take 5 link to get started.**

missionhealthykids.org

Mission: Healthy Kids raises awareness about the impact of nutrition, physical activity and a healthy mind on kids’ physical development, ability to learn and emotional well-being. It promotes policy, systems, and environmental changes in Wisconsin schools that improve health, and it offers resources for students, parents and educators to help kids eat right and stay active.



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