

Let's Make A Glitter Jar!

Follow the directions below to create your jar. Then answer the question at the bottom of this worksheet.

- Find a clear container with a lid, like a mason jar or plastic bottle.**
- First, fill a quarter of the jar with water.**
- Next, pour the same amount of clear glue into the jar.**
- Then sprinkle some glitter into the jar and top it off with more water. If you want even more color, add 1-2 drops of food coloring to the water.**
- Finally, seal the jar with a lid. For added protection, use hot glue or gorilla glue to keep the lid on tightly.**
- Shake your jar and watch the glitter settle!**

1. How does the glitter jar resemble our brain when we experience big emotions?

2. What are some strategies you can use to help your "glitter" or emotions settle?



GLITTER JAR STRATEGY

The Glitter Jar or Snow Globe strategy is a mindfulness strategy that can have a calming effect. Think about a snow globe when it is all shaken up. Our thoughts are like the snow in a snow globe; sometimes the snow is calm and not moving or is only moving slowly. Other times we feel angry or sad and our thoughts are swirling around quickly. Just like snow always settles to the bottom of a snow globe after it has been shaken up, our thoughts always settle too.

When you feel worried or angry, try picturing a snow globe in your head and pretend to watch the snow gradually settling to the bottom as you breathe deeply. You can also shake up a real snow globe or glitter jar and watch the snow or glitter settle to the bottom while breathing.

You might want to make your own snow globe or glitter jar that you can shake up and watch when you are feeling worried or angry. There are many websites and videos with instructions for making your own.

[PBS Kids Homemade Snow Globes](#)

[6 Ways to Make a Calm Down Jar](#)

[Make a Glitter Jar for Mindfulness](#)

This page covers just one strategy from the Problem Solving resource by Spiffy Speech. The complete resource can be used to help students understand sizes of problems, learn strategies for managing anger/worry, and discuss ways to solve or minimize problems. [Find it here](#) or visit spiffyspeech.com!