

Now and Beyond

on Inside Out Day

JONNY'S GLITTER JAR:

AN EXERCISE IN CALMING THE MIND

INTRODUCTION

The jar of glitter represents our minds on a bad day. When we shake the jar the glitter goes wild, our thoughts and feelings whirl. But as we practice mindfulness the glitter starts to settle and we begin to see a clearing at the top of the jar, allowing us the necessary space to reassess our thoughts and feelings.

UTENSILS

- A jar or plastic bottle with lid. A jam jar would be perfect.
- Warm water
- 60ml glitter glue
- 60g-80g glitter
- A mixing stick/spoon

AGE

This activity is for all ages

TIME REQUIRED

35 minutes

METHOD

Step 1

Add warm water to your jar or bottle until it reaches around a third of the way up.

Step 2

Add the glitter glue and stir until it is combined with the water.

Step 3

Pour in the glitter! You can use more or less than suggested, or go for a mix of chunky and fine glitter to give more texture to your jar. Stir well until combined with the existing mixture.

Step 4

Top up your jar with the rest of the warm water, until it is almost full. Leave a little gap at the top of the jar to allow the mixture to move.

Step 5

Shake well and watch the magic unfold!

SKILLS

How do you feel when you watch the glitter in the jar?

How can you put into practice in your life what you have witnessed in the jar, especially when you are feeling stressed and overwhelmed?

Watch Jonny Benjamin demonstrating the making of the mindfulness jar:

<https://www.youtube.com/watch?v=vHIFITPBNJw>