

Kumarah

Kid's Yoga and Mindfulness

Glitter Calm Down Jar Recipe

Plus tips on how to
teach mindfulness



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Mindful Calming Jar Recipe

What you need:

1. **Plastic water bottles**
2. **Glitter**
 - Get chunky and fine
 - Nail glitter also works
3. **Water**
4. **Glycerin**
 - Corn Syrup also works pretty well
5. **Dish soap**
 - Any kind!
6. **Glue**
 - Gorilla glue is great
 - Glue guns also work
7. **A space to work that you can clean**
 - I put plastic wrap on my counter before I made these, I know how hard it is to clean up glitter spills

Mindful Calming Jar Recipe

Prepare warm (not hot!) water.

- You don't want the water to be boiling when you pour it in the bottles or it will warp the plastic

Select and add glitter to the bottle.

- I put in about a **level half inch of glitter to start**. Put the glitter in first, before anything else.

Add a little bit of water and shake gently

- Swirl up the glitter to help prevent clumps!

Add glycerin until the bottle is 1/4-1/3 full (approximately)

- I did less and more with each bottle since I made a lot and wanted the "speed" of the glitter to be different. Corn syrup works too!

Add water until the jar is *almost* full

- Leave a few inches of space at the top still to add more glycerin if needed and to properly stir it later

Add 2-3 drops of dish soap

- Not too many, because you can always add more! It tends to get bubbly if you add a lot, but the soap helps disperse the glitter.

Close the jar and turn it a few times to mix everything up

- Gently shake to see the consistency of everything. When you open it back up you'll notice a lot of soap and glitter stuck at the top. Read the next step for the solution!

Stick your finger in and give it a good swirl around

- Gently stir and mix it up, wiping your finger on the inside to keep as much glitter in as you want. In a few instances I removed some glitter and foam manually, no big deal.
- *This gentle stirring works best with your finger and not a utensil because the natural oils of your hand help separate more than a metal fork would.*

Close the cap again, shake a little more, and check out how slow or fast the glitter settles

Top it off and glue it shut

- Once you are happy with the combination of glitter and glycerin you can add more warm water or glycerin and close the bottle for good!
- Use [gorilla glue](#) or a [hot glue gun](#) to keep it tightly closed.
- Make sure to use **SMALL AMOUNTS** of gorilla glue because it expands and can leak down the edges of jar!

Mindfulness Teaching Tips

Mindfulness for kids is a great tool that I use frequently with classes that are having a tough time or kids that are having a tantrum.

But you have to set it up right to be successful.

Most kids don't just start breathing deeply and thinking mindful thoughts in the middles of chaos.

You have to practice and prepare them ahead of time in order for mindfulness to work.

- **Praise your child when they are calm and focused**

- Notice when they are calm and working, or being focused, and give them praise! Let them know what it is that you like about the way they are behaving. **Use targeted language to specifically call attention to their body, their movements, their voice, etc:**

“I see that your body is sitting very still while you are reading; that is a safe way to sit.”

“I like that you just took a deep breath to help yourself pick a new color. I bet that kept your brain calm.”

“I can hear you very clearly while you are telling me about your problem because you are talking in a normal voice. That helps me understand you better.”

- **All of those examples do these three things:**

- Use a **sensory word** to describe how and why you are noticing them
- Name the **positive action** that the child is exhibiting
- Tell them what that action is **helping them achieve** (why they should keep doing it)

- **Practice mindfulness with your child when they are calm**

- Introduce mindful breathing, or mindful noticing, when the child (or class) is in the [correct brain state](#). If they are not feeling safe or cared for, they will have a hard time learning. If they are really silly or running with high emotions, it's incredibly difficult to teach them something new and have it stick.

Mindfulness Teaching Tips

Demonstrate mindful practices yourself, and name them!

- Anytime I am feeling particularly frustrated or emotional I **try to take deep breaths that the class can see.**
- I'll say, "I am feeling frustrated by the number of times I need to give reminders today, so I need to take a few deep breaths. You can do it with me if you need to."
- Or, if I'm feeling anxious and/or full of energy, **I'll do a hand mantra to help relieve some energy and stress.** I will often take my hands out in front, press my thumb into each nail of my finger and then flick it away one at a time. If I teach them this while I do it they usually join right in the next time.

Use visuals to show your child what you are practicing and why

- Watch a [mindfulness video](#) with them to prepare them what to do and why it is important. Draw a chart of their brain with the [colors like this to show](#) when they should use these practices. (Primarily in the red state when they need to feel reminded that they are safe).
- Create a Mindfulness Calm Down Jar and talk about the state of your mind as you sit still and breathe
- Give a reminder that mindfulness helps you clear your mind of thoughts and worries so that you can learn better. It also helps prepare you to stay calm and focused in the moment. When big emotions or problems DO arise you will be better prepared!
- Use [these printable Breathing Posters](#) to teach your kids mindful breathing techniques

Mindfulness Teaching Tips

Mindful Breathing

- **Teach them to breathe in and out through their nose.**
 - They can be sitting up straight to allow for lots of room in the breath. Or they can be laying on their back to feel their breath go in and out of their tummy. I use a breathing ball to help lead breathing (or ask a kid to lead). It also helps demonstrate the way their lungs (or diaphragm) should expand with breath in, and contract with breath out.

Mindful Listening

- **Help them learn how to listen to silence.**
 - Start with a soothing sound of a [singing bowl or chimes](#). Prepare them for a nice sound and let them know that they should listen carefully until they can no longer hear the sound, and then raise their hand.
 - Once you've mastered that, try to have a listening session for a minute or two.
 - Tell them to listen for sounds that are very quiet and after you ring the bell, they can raise their hand to share what they heard.

Mindful Movement

- **Teach them a basic sun salutation, or a [breathing based yoga sequence](#)**
 - Use inhales and exhales to guide each movement
 - After they know the movement, get them to try it with their eyes closed to listen to their breath. To try to feel the movement in their bodies
 - Do the pose or sequence a couple times and see if they can do it differently each time! (Slower, faster, bend knees more, reach arms higher, etc).



Thank You!

I truly hope you have enjoyed this resource from Kumarah Yoga. My wish is to help everyone who teaches and practices yoga with their kids or students to do so successfully and have fun.

I hope this helps you to be an inspiration to the kids in your life: to do yoga with them, to move, and be healthy together!

Any feedback or suggestions are greatly appreciated. Email me at admin@kumarahyoga.com.

Connect with me on [Pinterest](#), [Facebook](#), and [Instagram](#)!



Nama-stay-calm,

Maia