



Ashley Graber



Maria Evans



A COACHING GUIDE FOR THERAPISTS.

Glitter Jar/Mind Jar

Supplies for Therapist: Your Jar

Supplies for Parents: If they are going to make one at home with the kiddo:

The jar represents the mind; the glitter represents thoughts, feelings, and physical sensations. When we shake it up this represents when we are overwhelmed, stressed, upset, and/or overly excited to the point that we cannot see clearly. Our perception becomes cloudy. We can be more "reactive" to life from this place, as opposed to "responsive". It can feel like there is a storm inside and unsteady. To help balance and steady ourselves we can practice coming to our senses...literally...with focusing on one of our senses.

Supplies:

Jar (or plastic bottle) with a good lid

Hot and Cold Water

Glitter of different sizes (larger & fine)

Clear Glue

1. Put generous amount of clear glue in the jar. You may want to put it in gradually to test how slowly or quickly the glitter settles. (**See below)
2. Add just enough hot water to cover the glue and shake up to break up the glue
3. Add cold water almost about ¾ of the way to the top
4. Add glitter (pro tip: do not use red glitter – it stains the water!)
5. Fill with cold water to the top
6. Shake and time it to see how slowly or fast it settles and adjust accordingly.
7. Shake again to see if it settles at about 1 minute.

** It should take 1 minute to settle and become clear again. If it's too fast add glue+ hot water. If it's too slow, pour out some of the water and add fresh cold water.

It's very important to note that the jar is never used as punishment or should not be suggested with an angry tone. We want to create a positive association with the mindfulness activity.

This can be done on a daily basis individually with the child and/or as a family. A great time to suggest doing it as a family is at the dinner table before they eat. One person shakes it up and everyone watches it settle then you eat. Viola, you've practiced mindfulness as a family

All our best,

Ashley and Maria