

Make Your Own Mindfulness Jar

Practicing mindfulness is like daily physical exercise—a little bit each day over time will help build our mental muscles to have better focus, attention, self-awareness, and self-control. It helps you notice how you feel to help you decide what to do with that feeling. Finding a quiet place in our minds—like watching glitter float in a mindfulness jar—is one way to do just that. It is a calming way to remind ourselves to stop and notice what’s going on inside of us to feel better.

Here is how you can make your own mindfulness jar at home, at school, or with friends:

Materials Needed:

- Plastic mason jar (or any wide or tall plastic jar with screw-fastened lid, like a plastic water bottle)
- Glitter (multicolored)
- Hot water
- Bowl
- Glycerin (found in the pharmacy section or amazon)
- Glitter glue
- Dish soap

Ingredients:

- 1/4 cup glycerin
- 3/4 cup hot water
- 2-3 teaspoons of multicolored glitter
- 3-4 drops liquid dish soap

Step 1:

Combine the hot water and glycerin. Whisk until the mixture is uniform—usually the glitter glue takes a little bit of work to get the clumps all out. Pour the mixture into the jar you are using.

Step 2: Add the multicolored glitter — Put the top on tightly and shake the jar (carefully). to test it out.

Step 3: You will notice that some of the glitter remains floating on the top due to the surface tension of the water.

Carefully add 3-4 drops of liquid dish soap to the top of the jar (I recommend an adult do this part) and shake the jar again. You should see the glitter distribute much more evenly.

Tips:

- If you find your mixture is settling too slow, add more hot water.
- If you find that it is settling too fast, you can add more glycerin or more salt
- Once you are satisfied with your glitter jar, glue the lid on to be sure no water sneaks out. A rubber sealer can also be placed in the jar lid, if it did not come with one.