



PROJECT: GET IT DONE TOGETHER

How to Make a Glitter Jar

You can use a mason jar, a spice jar, or even a plastic water bottle for this practice. Be sure to use glitter that sinks rather than floats. If you'd prefer to avoid using glitter, you can make this using different-colored beads, a mix of food coloring and oil, or even pieces of LEGO you already have around the house.

1. Fill the jar to the top with water.
2. Pick three colors of glitter: one to represent your thoughts, one to represent your feelings, and one to represent your behaviors (or "urges to do things").
3. Drop a few pinches of each color glitter, bead or LEGO into the water, which represents your mind, and maybe a few drops of food coloring.
4. Seal the jar with its lid or tape.
5. Notice how at first, the colors seem pretty settled.
6. Start to swirl and turn the jar. Notice how it becomes difficult to keep track and see clearly what our thoughts, feelings and urges are.

The jar is like our mind, and each color of glitter represents something different in our mind. Maybe we are running late (swirl the jar). Our big sister eats the last pancake for breakfast, and it leads to a fight (shake the jar). We hear scary things on the news in the car ride to school (swirl the jar). We get to school and find out we aced a test (shake the jar).

Now we can't see clearly because all of our thoughts and feelings and urges are getting in the way. So what is the one thing we can do to get the glitter to settle and see clearly again? BE STILL! And what happens when we are still? We can see clearly again. Sometimes it takes longer for the colors to settle (and our minds to settle), but when things become settled, we are able to relax and see more clearly.