

# STEAM in the Classroom

SCIENCE-TECHNOLOGY-ENGINEERING-AGRICULTURE-ART-MATH

## MINDFULNESS JAR

For this activity you will need:

- Jar or Bottle
- Water
- Clear Glue
- Three Colors of Glitter



### Introduction:

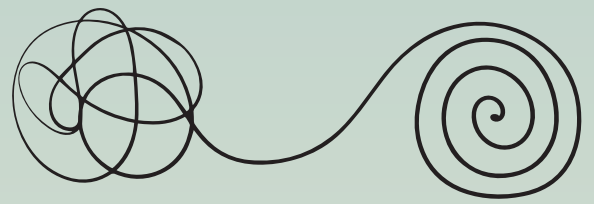
April is National Stress Awareness Month, so for this weeks activity, you will be making your own mindfulness jar! Managing stress is essential to a healthy lifestyle, your mindfulness jar can be used to help recognize how you are feeling and ground yourself back to the present in order to reduce stress.

### Steps to Make:

1. Add clear glue to the container. The more glue you use, the longer it will take for the glitter to settle down. An average amount is just enough to cover the bottom of the container.
2. Add in your glitter. You should have three different colors of glitter to symbolize our thoughts, feelings and behaviors.
3. Fill the rest of the container with water and put on the lid tightly.
4. Follow the directions on the next page to learn how to use your mindfulness jar.



# MINDFULNESS JAR



## DIRECTIONS

- When the container is still, look at the glitter settled at the bottom of the jar and notice how the water throughout the rest of the jar is clear.
  - **When we are calm, our mind is like this jar. We are able to think clearly and aren't weighed down by overwhelming emotions.**
- Give the container a strong shake and watch as the glitter swirls around the jar. The jar is now like our mind when we become stressed, anxious, angry or any other big emotion.
  - **Our mind becomes cloudy and can even seem chaotic when we feel these emotions, just like the glitter in the jar.**
- Now focus on the three colors of glitter. One color is our thoughts, the second is our feelings, and the third is our behavior. All three of these things are intertwined and affect one another. Take some time to think about what each color represents for you in that moment and how they are affecting one another.
  - **Ask yourself “What kind of thoughts are going through my head?”, “What emotion(s) am I feeling right at this moment?”, and “How am I behaving?”**
- Take deep breaths as you watch the glitter settle back down to the bottom of the jar. Once it has settled, ask yourself those questions again. Be patient with yourself, your emotions, and those around you.



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