FAMILY ACTIVITY: GLITTER JAR

Youth will create a glitter (or stress jar) to use in practicing calming. Youth will engage in a messy (and highly tactile) activity with glitter and glue to create a glitter jar. A glitter (or stress) jar can be used to support emotional regulation skills in a variety of ways- for calming, for relaxation, for learning about the brain, or for mindful communication.

MATERIALS AND INSTRUCTIONS

Materials

- Empty jars or bottles  NOTE: plastic water bottles work great and are often easy to collect- 8oz or 16 oz size is fine. For a slightly ‘fancier’ glitter jar, you could purchase small mason jars.
- Clear liquid Glue (approx 1 5oz. Bottle/ 2 youth)
- Fine Glitter
- Water
- Food coloring (optional)
- Small Funnel (optional- will decrease mess)

Instructions

1. Create Glitter Jar
   a. Fill jar ⅓-⅛ with glue
   b. Add Glitter
   c. Fill remaining space with water
   d. Glue lid
2. Practice using the glitter jar
   a. Connect to mindfulness.
      ■ Mindfulness is ‘Paying attention, on purpose, right now without judgement.’
      ■ Shake up your glitter jar then watch it settle
   b. Practice again: Get moving, then calm down while watching glitter swirl then fall and breathing deeply

QUESTIONS TO EXPLORE

1. Did watching your glitter settle help you slow yourself down?
2. When could you use this?

If youth do not suggest this, point out that if they are feeling an intense emotion- anger, frustration, ect. pausing to mix up their glitter and watch it settle may be helpful.
You could also suggest that if they are having a disagreement they could use their glitter bottle to help everyone calm down, “I’m feeling upset right now. So let’s all take a break until the glitter in the jar has settled and then start talking again.”