

# — IN A — PERFECT WORLD

## MINDFUL JARS

### WHAT YOU'LL DO

LEARN HOW TO EMBRACE BIG FEELINGS BY CREATING A MINDFUL JAR!

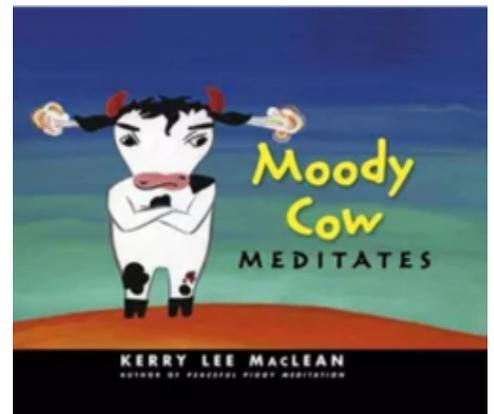
### WHAT YOU'LL NEED

- JAR OR BOTTLE (YOU CAN USE A SENSORY JAR, EMPTY WATER BOTTLE OR MASON JAR) WE LIKE TO USE BOTTLES THAT ARE AROUND 11 OR 12 OUNCES
- CLEAR GLUE (ONE 5 OUNCE BOTTLE IS GOOD FOR ABOUT 2 MINDFUL JARS)
- FINE GLITTER (IF YOU DON'T WANT TO USE GLITTER, YOU CAN USE BEADS)
- WARM WATER (STRAIGHT FROM THE TAP!)



### OPTIONAL

- LARGER GLITTER (WE LIKE TO USE A FEW STARS AND HEARTS)
- FOOD COLORING (A DROP OR 2 IS ALL YOU NEED!)
- FUNNEL (TO HELP YOU GET ALL YOUR GLITTER IN THE JAR!)
- MOODY COW MEDITATES (THIS IS A GREAT BOOK TO LEARN ABOUT MINDFULNESS ~ BUT OUR JAR RECIPE IS A BIT EASIER!)



### WHERE TO GET WHAT YOU NEED

AMAZON, CRAFT STORE (I.E. MICHAEL'S).

**STEP 1:** Get your work area ready because this can get messy! Your parents may want to put down some newspaper or paper towels to catch all the glitter that will go everywhere.

**STEP 2:** Fill your jar about 1/4 with glue. More glue means a longer time for the glitter to settle after you shake it!

**STEP 3:** Add some glitter, starting with about 1 tablespoon or so. You can add a few of the larger pieces of glitter too if you choose to use them.

**STEP 4:** Fill the bottle with warm water ALMOST to the top (leave about an inch of space). Put the lid on and shake up your bottle to see how it's working. Is there enough glitter? If not, add more. Is the glitter settling too fast? If so, add a bit more glue. If it's good to go, add a bit more water to get it to the top.

**STEP 5:** When the bottle is full, your parents can seal it closed with a hot glue gun. They just need to put some glue inside the rim of the lid and screw the cap on.

## HOW TO USE YOUR MINDFUL JAR



When you feel anxious, confused, angry or just not yourself, you can use your Mindful Jar to help you calm down. Just give it a shake and sit quietly, watching the glitter swirling all around just like your emotions may be swirling in your body and mind.



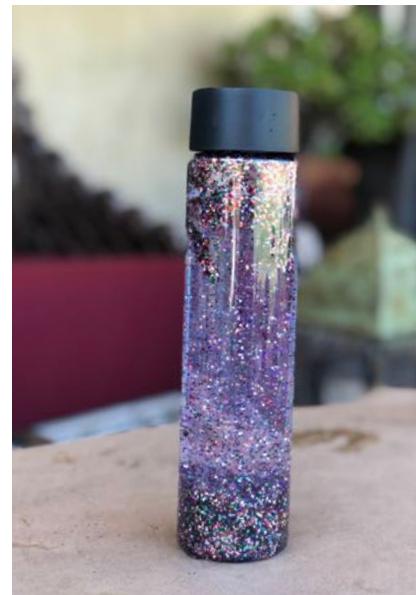
As the glitter floats down, take nice slow breaths. In through your nose, quietly counting 1 - 2 - 3 - 4 in your mind, holding for 2 seconds and then letting all the air out through your mouth.



As you watch the glitter settling down, imagine your emotions calming down, too! If you put bigger pieces of glitter in the jar, pick one piece to focus on and follow its journey to the bottom of the jar.



You can check out this [this video](#) by our junior ambassadors, Lucia & Luna, as they make their jars and show you how to use them to calm down.



## DON'T FORGET TO TAKE PICTURES!

We love to share stories of our friends practicing Everyday Kindness! Tag us [@perfectworldfdn](#) on Instagram and use the hashtags [#EverydayKindness](#) and [#IAPWEveryday](#) so we can see your beautiful creations!