



GLITTER JAR

Why?

Making a glitter jar is a fun and creative activity that can help children and young people understand and manage their emotions. Just like the glitter in the jar, our thoughts and feelings can become stirred up when we feel worried, upset or overwhelmed. It can take time for these feelings to settle.

Watching the glitter slowly settle while taking calm breaths can help children and young people feel more relaxed, focused, and ready to learn or take part in activities.

It also provides a useful visual way to explore emotions and reminds us that strong feelings will not last forever.

How to:

1. Add *warm* water to your jar or bottle until it reaches around a third of the way up.
2. Add the glitter glue and stir until it has combined with the water.
3. Add around three drops of food colouring and stir. You can add more or less depending on your preferred shade but *remember* not to add too much or the mixture will become very dark and it will become hard to see the glitter.
4. Pour in the glitter! You can go for a mix of chunky and fine glitter to give more texture to your jar. Stir well until combined with the existing mixture.
5. Top up your jar with the rest of the warm water, until it is *almost* full. Leave a little gap at the top of the jar to allow the mixture to move.
6. Glue the lid on so the glitter doesn't leak.

You need: A jar/bottle, water, glitter glue, glitter, food colouring



Choice and Control

Sharing Ordinary Places

Being Someone

Contribution

Belonging