



MEET YOUR BRAIN

Activity Guide 2

Glitter Jar

ACTIVITY 2: Glitter Jar

Learning objective:

- ▶ To provide a simple tool to explain emotions and to soothe your child when they're feeling worried or sad.
- ▶ To teach your child that they are in control of their own emotions and that they can adopt techniques to calm down when they are feeling worried.

Learning approach:

There are some steps that your child can be involved in and some that require your supervision. The more they can be involved the better.

Start by explaining that we are going to be making our very own glitter jars.

Resources needed:

- ▶ Clear plastic jars or containers with lids approximately jam jar sized
- ▶ Glitter glue - in lots of different colours
- ▶ Water (slightly warm works best)
- ▶ Hot glue gun (optional)

Instructions:

1. Pour 2-3cm of warm water into the jar.
2. Add glitter glue - you can use as little as 3 teaspoons (one small tube), but the effect is better if you use a bit more.
3. Put the lid on & shake the jar to mix the water & glitter glue.
4. Fill up the remainder of the jar with water and refit the lid.
5. If desired, use a hot glue gun to squeeze a bead of glue around where the lid meets the body of the jar, to discourage little hands from taking the lid off!
6. Shake the jar well to distribute the glitter.
7. Your DIY glitter jar is complete!

Allow the glitter in the finished jar to settle. Ask your child to describe the glitter e.g. 'still', 'not moving', 'asleep'... Explain that when we feel calm our emotions are a bit like the glitter they are soft, settled and calm.

Now ask your child to shake it and watch what happens. The glitter will move all around the jar and they'll love giving it a shake! As they are doing this, explain that when we are feeling sad, angry or worried our emotions look a bit like this in our brain. They are jumping around mixing together and are all a bit crazy.

Put it on a table so the glitter starts to settle. Ask your child to watch the glitter settling down. As the glitter is settling you can explain that when we feel big emotions we can do things like happy breathing or watching our glitter jars and that helps us to calm down and feel happy again.

Top tips:

- ▶ Be sure to use glitter glue - ordinary glitter will clump up and won't work!
- ▶ Feel free to experiment with the recipe, for example you can try adding food colourings, or mix different colours of glitter glue. More glue will make the mixture thicker, and slower to settle. Our recipe is designed to be quite fast-settling, so that the children don't have to wait for too long.
- ▶ Find a nice place to display the glitter jar so it's easy for the your child to find when they want to use them.
- ▶ Agree with your child when they can and cannot use their glitter jar. For example: it cannot be taken outside, or they need to ask permission before using it.
- ▶ You may find that using a glitter jar when a child is distressed, sad or worried is a really nice way to help to calm them down.

We'd love to see photos of the activities in action! Why not share your pictures at:



myhappymind



myhappymind



myhappymind_