Mindfulness Glitter Jar



A glitter mindfulness jar is a simple calming tool that helps children manage big emotions, reduce stress, and practice self-regulation. Watching the glitter slowly settle encourages slow, deep breathing and gives kids a visual reminder to pause and let their thoughts and feelings calm down.

Supplies Needed:

- Clear Jar or Bottle (with a lid)
- Glycerin
- Water
- Glitter
- Food Coloring (optional)

Steps to Assemble:

Mix: Combine ½ cup glycerin or corn syrup with ½ cup water. Stir until fully mixed.

Pour: Pour the mixture into a clear water bottle.

Sparkle: Add 1 tablespoon of glitter in different colors and sizes.

Color: Add a few drops of food coloring.

Soap: Add a few drops of dish soap to keep glitter from sticking.

Shake: Secure the lid tightly and shake well!

Ways to Use Your Glitter Jar:

It can be used during moments of frustration, anxiety, or overstimulation, helping children build emotional awareness, patience, and coping skills in a gentle, engaging way.



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Adapted from "Moody Cow Meditates," by K. L., MacLean, 2009, Wisdom Publications.