



STEAM Activity

Mindfulness Jar

PSYCHOLOGY: *Science of the mind.*

It's easy to get wrapped in all the chaos of the day and sometimes that chaos makes us experience really big feelings. Your mind may be feeling all swirly and mixed up because you are mad, angry, confused, sad, frustrated, or something else.

When we have these feelings (child or adult), it can be helpful to take a mindfulness break. Using a mindfulness or "calm down" jar can be a great way to literally watch your feelings, and then let them settle.

Breathe in whatever is going on, be still and slowly breath out as you watch your big emotions as they gently float down.

Just like your big feelings, shake up a glitter jar and watch it swirl all over, crazy like.

Then set the jar down, watch it swirl and breathe.

As you breathe and are still, the glitter starts to slowly settle and become more calm.

Watch until you can see through the jar again.

Repeat this process until your mind and body are relaxed.

Calm down jars can also be reserved for "Take a Break" zones where kids can go to calm down from having really big emotions or feeling too anxious to learn.

INSTRUCTIONS & MATERIALS

Materials:

- 1 bottle of "Purple Stuff" (a mixture of purple dish soap and corn syrup)
- 1 packet of glitter
- 1 glow stick

Instructions

1. Open the bottle of "Purple Stuff."

Pour in the packet of glitter.

Tightly screw the top of the bottle back on.

Then shake and watch your feelings float away.

Optional

Crack the glow-stick and shake until the glow-stick is glowing.

FUN FACT:

A glow stick makes light through a process called chemiluminescence. When you hear the crack after bending the glow the glow stick Hydrogen peroxide triggers a chemical chain reaction with a carbon based chemical and ta-da the "glow" in a glow stick is born.

Using a pair of scissors, cut off the top of the glow stick and carefully pour the glowing solution into the bottle.

Then close up the bottle and shake well.