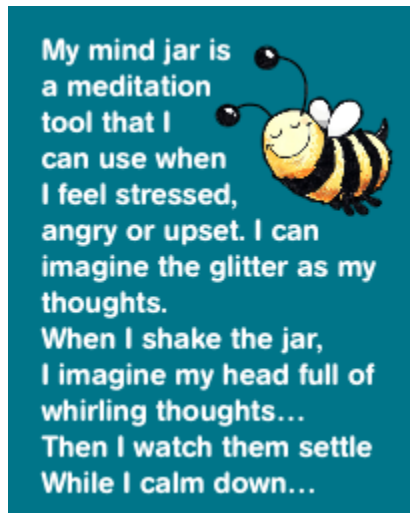


Anger – Mind / Calm Jar



How to make your own Mind Jar

- ❖ Mix 1 tablespoon of coloured glitter-glue with 1 cup of hot water in a jar with a lid.
- ❖ Add food colouring and a tube of glitter.
- ❖ The glue makes the water so thick and gooey that the glitter just slowly and gently swirls around, it takes about 5 minutes for all the glitter to settle, perfect to gather your thoughts!
- ❖ Stir the mixture and screw the lid back on.
- ❖ Imagine the glitter as your thoughts. When you shake the jar, imagine your head full of whirling thoughts, and then watch them slowly settle while you calm down.