

THE DIY RUBIN MINDFULNESS JAR



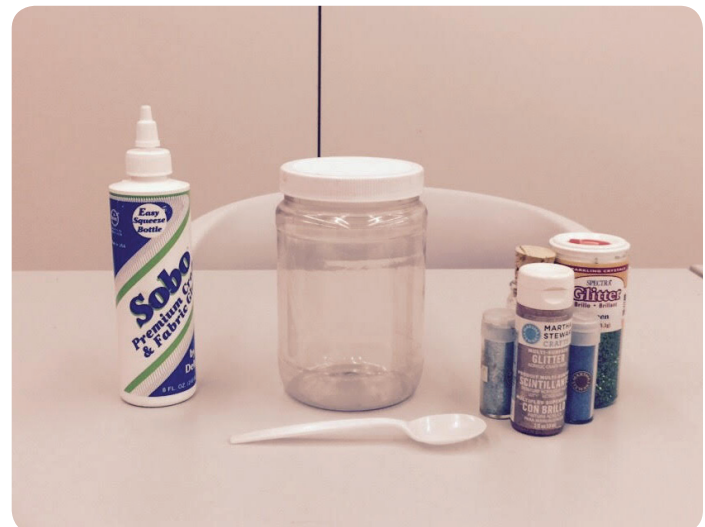
ABOUT

Mindfulness is the practice of being fully present in the time and place where we are: aware but not reactive or overwhelmed by our surroundings. It is a mental state achieved by simply focusing the senses and emotions to the present action without letting other thoughts take over. This practice involves acceptance, which means no judgement of right and wrong or good and bad; when you are mindful things simply are.

This kind of serenity might be hard to imagine in this rapidly changing world we live in, and your kids live in it too. That is why we invite families to make a Mindfulness Jar. This is a simple and fun activity to do with kids of any age. It can be used as an introduction to the practice of mindfulness or just a beautiful visual metaphor for life's interplay of chaos and stillness.

MATERIALS

1. Mason jar
2. Warm water
3. Glitter
4. Glitter glue
5. Krazy Glue
6. Spoon



INSTRUCTIONS

Step 1

Warm up water. Fill jar almost to top.

Step 2

Add glitter glue and stir.

Step 3

Add glitter and stir.

Step 4

Use Crazy Glue to seal the lid shut.

Step 5

Shake.

Step 6

Relax.

Step 7

Enjoy!

In addition to enjoying a sense of peace while looking at the Mindfulness Jar, you can use it as a calming tool with your kids.

Try saying, "Let's keep calm until the glitter settles to the bottom of the jar." Then shake it and try to be mindful of the moment, without stressful thoughts.

Or you could say, "Let's practice deep breathing until the glitter sinks to the bottom," then shake it and exhale out your worries.

