



Calming Jar at Home

SLCSD Elementary Lesson at Home with Student & Family

Materials Needed:

- Empty mason jar or water bottle with a tight lid;
- Warm Water;
- Colorful Glitter;
- Dish Soap
- Elmer's Glue or Hair Gel (optional)
- Small seashells, legos, small gemstones (optional)

Family Discussion: Glitter Jars can help youngsters calm down. When kids are stressed, sad, or angry, the amygdala's natural fight, flight, or freeze response activates in our brains, making rational decision-making nearly impossible. These jars are a fun craft project, but they also help us to calm down and relax. You simply need to shake the jar vigorously then watch the glitter gently fall to the base. It creates a 3-5 minute distraction to help calm.

Directions: Start with a tablespoon or so of glitter into your jar, add very warm water nearly to the brim, finally a few drops of dish soap (this prevents glitter clumping); you may also now add some glue or hair gel (this will make the glitter settle slowly). Make sure the lid is on very tight! Some like to hot glue or duct tape the lid so it doesn't break loose. Lastly, shake your glitter jar and watch the colorful flakes gently fall to the bottom.

Discussion Questions Afterward:

- When do you think it would be a good time to use our new jars?
- Are there other things you wish you could add to the jar?
- Did you notice how you felt as you watched the glitter fall?
- Where's the best place we can keep these?