

“THE MOODY COW MIND JAR”

What you need:

- A grown up to help
- Some kind of empty and clean glass jar or small pet bottle
- Sparkles and glitter glue (if you don't have glitter glue handy you need to add glycerine as thickener)
- Some liquid dish soap

What to do:

Fill the jar three quarters with warm water, add the glitter glue (or glitter and glycerine), put in a few drops of dish soap and put lid on tight.

Why we do this and how we use it:

The water in the jar shows our mind's natural state. The sparkles and glitter represent our emotions and thoughts that we notice and experience like anger, fear, anxiety, joy, happiness etc.

Shaking our mind jar gently when we experience such feelings,

breathing in and out slowly while we watch the sparkles settle our thoughts and feelings settle down as well.

Put your jar somewhere close so you can use it next time you need it.