



An activity to do to help you playfully explore emotions.

Guide bubble

Why To playfully explore emotions

Where At home

When Feeling calm and creative

Time 10-40 mins



When you are dealing with some tricky emotions, try this calming glitter jar. It can help soothe your mind and is so much fun to create!

Equipment you will need:



A jar or bottle with a lid



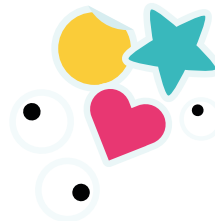
Warm water



Glitter



PVA glue or glitter glue



Crafty items (e.g. googly eyes, felt, or stickers.)

1. Fill half of your jar with warm water. Add a small amount of PVA glue or glitter glue to your jar.
2. Now to get glittery! Add glitter, however much you like and whatever colours you fancy. Top up the rest of the jar with warm water. Make sure to keep a small gap near the top! Put the lid onto the jar and shake it up! Watch the glitter gently swirl around.



3. To finish off your jar, decorate it with some crafty items. Why not make a face with some googly eyes and wool for hair? You can even give your jar its own name!

Whenever you need some soothing, shake your glitter jar. Watch the sparkles gently swirl around and settle at the bottom of your jar. You can repeat this as many times as you like, as often as you need it.



This glitter jar is a bit like our minds. When we're stressed or worried, our mind feels shaken up. It can be tricky to think clearly! When we do a soothing activity, our minds settle again just like the glitter does!

Download the Little Journey app to explore more relaxation activities and games.