Mind Jar Materials

- 16-ounce Mason Jars
- Warm Water (hot is best, but use warm when making with kids)
- Clear Elmer’s Glue
- Glitter
- Plastic Spoons
- Trays
- Sharpie’s
- Round Stickers (optional)
- Moody Cow Meditates Book

Recipe

- Fill mason jar with hot water (warm ok if working with kids)
- Take orange cap off glue and pour into jar counting 1, 2, 3, 4, 5, 6, 7 STOP
- Add 3 level spoonfuls of glitter over tray NOTE: pink and purple sometimes stain the water; ok to use a combination of regular glitter and fine glitter but using only fine glitter won’t work. Have kids name feelings/thoughts/emotions as they put the glitter in the jar. Have discussion about what feelings are (mad, sad, angry, happy, frustrated, lonely, excited, etc.).
- Shake. If glitter settles too fast, add a little more glue.
- Ask: How do I want to feel? It is important that kids connect meditation with how they feel. Affirming that we are peaceful, calm and kind already changes our minds which changes the way we feel. Have kids write I AM PEACEFUL (or kind, calm, loving, generous, happy, etc.) on the lid of the jar with a sharpie (or you can use a round sticker).

The Mind Jar

Demonstrate the Mind Jar: Hold up the jar. Ask: How many of you feel like you have a lot of thoughts going on in your mind? How many of you feel stress sometimes? How about sadness, anger, or frustration? Have difficulty focusing and concentrating and sitting still in your chair? A hard time getting along with others?

This is called a mind jar. This jar is sort of like our minds. It is naturally clean, bright, light and clear (for younger kids, hold it up to a few students and ask “can you see me, I can see you?”). When our minds are clear it is easier to see and listen and to focus and concentrate. The glitter you see at the bottom of the jar are like our thoughts. Each piece is like one of our thoughts or emotions. Some are happy thoughts, some are sad. Ask kids to name other emotions or feelings.

Shake the jar. This is our mind when we are in a hurry or have lots of thoughts and feelings swirling in our mind. It is pretty difficult to concentrate when our minds are going so fast! Let the jar sit still. This is our mind during meditation. Watch the thoughts and emotions settle to the bottom, leaving the water – our minds – the way they are in the first place – not swirling with thoughts and emotions, but calm and peaceful. We never lose or get rid of our thoughts; they just settle and become quiet. That’s what meditation will help us do, become calm and quiet so we can feel peaceful inside. How does this sound? Would you like to feel more calm and peaceful inside? Would you like to have some time each day to settle your thoughts and experience peacefulness? How about we practice now...
Where to Buy...

Smart and Final or Walmart

- Mason Jars
- Plastic Spoons
- Trays

Michaels

- Glitter
- Clear Elmer’s Glue
- Sharpies

Amazon

- Moody Cow Meditates by Kerry Lee MacLean