

Calming Jars

Today you are going to create your very own calming jar. Click the links below and follow the instructions.

[Make your own calming mood jar - CBBC - BBC](#)

<https://youtu.be/MW-9uVAKumY>

When you've built the jar with the glitter, shake it up! Sometimes our minds are full of thoughts, swirling around like the glitter in the jar. Sometimes we experience angry thoughts. Sometimes sad thoughts. It's okay to have strong feelings but we can calm those thoughts and our bodies as well.

One way to do this is to let your thoughts settle like the glitter in the jar. When our minds are calm it's easier to work out problems and to talk about whatever it is that is causing us to be upset.

Shake the jar up until the glitter is spinning wildly. Then put it on a table or the floor and calmly watch it until the glitter, and your minds, are all settled down.

