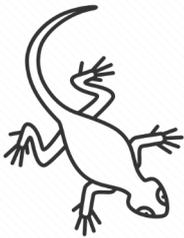


Name: _____

Date: _____

CALM DOWN JAR

A MINDFULNESS TOOL



Think of your brain as having two parts: (1) A lizard brain that is constantly scanning for danger and which sometimes reacts a little too extreme to the first sign of a threat, and (2) A smart part, which uses logic and reasoning to respond thoughtfully to situations and consider the big picture. Most of the time, the smart part of your brain is in control. But, when you get caught up in thoughts or feelings, the lizard brain can take over. When this happens, you need to use mindfulness skills to re-engage the smart part of your brain. Use this jar as a mindfulness tool to help you calm down.

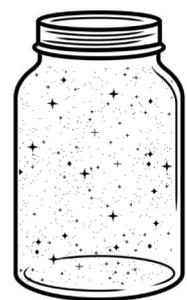
How do I use the jar?

Start by holding the jar very still. When it's nice and calm, and you're using your smart brain, it's easier to think and see clearly (represented by the clear liquid in the jar). But, when the reactive lizard brain takes over and you get consumed by fear, anger, sadness, or even excitement, it's hard to think and see clearly (shake up the jar and let the glitter float around). Your thoughts are probably all scattered and swirling around like the glitter in this jar (keep shaking the jar). Now, look at what happens when you pause, take a breath, and sit still (hold the jar very still). The glitter starts to settle. You can do the same thing with your brain when you are feeling overwhelmed or out of control. If you take a moment to pause and find stillness, then the smart part of your brain can re-engage, helping you think and see more clearly. Mindfulness is a skill that helps you find this stillness (take slow, deep breaths as you watch the glitter settle until the jar appears clear again).

How do I make the jar?

Follow these steps to make your Calm Down Jar:

1. Fill the jar halfway with hot (preferably boiling) water.
2. Add the clear Elmer's glue until the jar is almost full.
3. Use a plastic spoon to stir the water and glue together really well.
4. Add in the sparkles.
5. Close the lid and shake the jar to mix all of the sparkles.
6. Voila, you're ready to go!



NOTE:

For the best results, work through all six steps within five minutes. It becomes harder and harder to mix the water, glue, and glitter, as the water cools down.

