



CAMP CARTWHEEL

Presented By
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Calming Glitter Jar

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(accompanying video in your portal)

Description: Create and decorate your very own art journal from a variety of materials.

Materials Needed:

- glass or plastic jar
- jar of warm water
- glitter glue
- fine and chunky glitter
- food dye tablets
- utensil to stir

Objectives: Breathe through big emotions. Connect with your awareness and your thoughts.

Process:

- Add warm water to your jar, 3/4 to top
- Add in glitter glue
- Stir until combined with water
- Add food color tablets, stir
- Pour in the glitter! Stir well.
- Fill jar to top with warm water
- SHAKE!

Notes for success:

Create your glitter jar in a space that can be easily cleaned if a mess happens. If you are nervous about the jar reopening, you can secure with super glue.

Settling Our Mind

Our minds are full of thoughts, swirling around like the glitter in the jar.

Sometimes we experience angry thoughts. Sometimes we experience sad thoughts. It's okay to have these strong feelings but through mindfulness we can calm those thoughts and our bodies as well.

We can do this by letting our 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.

Let's give it a try!

Take a deep breath and first notice how you are feeling right now and write it down.

I feel _____

Now give your glitter jar a good shake. Set it down and watch as the swirling glitter begins to settle, and notice how your mind settles as well. How do you feel now?

I feel _____

Come back to your glitter jar whenever you notice that you would like to calm and settle your thoughts.



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