



Mind in a Jar

Present Moment Awareness

MINDFULNESS

Instructions

1. Pour 1/2 cup of distilled water into the **jar**.
2. Pour 1/2 cup of glitter glue or clear glue into the **jar**.
3. Add 1–2 teaspoons of extra glitter to the **jar**.
4. Fill up the remainder of the **jar** with distilled water.
5. If desired, use a hot glue gun to squeeze a ring of glue around the lid of the **jar**.

If you don't have glitter glue, try adding glitter and water to clear Karo syrup, clear glue, clear hand soap, or baby oil. These products will help the glitter maintain that suspended, floating look. Get creative and add sparkles, confetti, beads, or even little toys. These can be made more personal and relaxing to suit the person using it.

"Mindfulness is paying attention in a particular way; on purpose, in the present moment and non-judgementally." -Jon Kabat-Zinn, Author of Mindfulness for Beginners