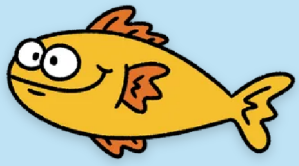
SEL · MINDFULNESS AND CALMING · GRADES 1–4

# Make a Calm-Down Jar

Number the six steps for making a glitter calm-down jar, then think about how your busy thoughts settle like the glitter.



**Name:** _____ **Date:** _____

**Grown-ups help with this one.** A calm-down jar is a jar of water and glitter. When you shake it, the glitter swirls like busy thoughts. Watch it settle while you breathe.

**Number the steps from 1 to 6.**

- [ ] Put the lid on tight. A grown-up can glue it shut.
- [ ] Fill a plastic jar most of the way with warm water.
- [ ] Watch the glitter slowly settle as you breathe.
- [ ] Add a big squeeze of clear glue.
- [ ] Shake the jar.
- [ ] Add a spoonful of glitter and stir.

**How is your mind like the jar?**

_____

_____

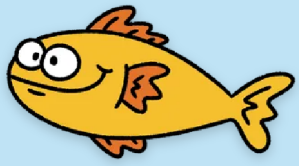


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ANSWER KEY · MINDFULNESS AND CALMING · GRADES 1–4

# Answer Key: Make a Calm-Down Jar

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



**Grown-ups help with this one.** A calm-down jar is a jar of water and glitter. When you shake it, the glitter swirls like busy thoughts. Watch it settle while you breathe.

**Number the steps from 1 to 6.**

4 Put the lid on tight. A grown-up can glue it shut.

1 Fill a plastic jar most of the way with warm water.

6 Watch the glitter slowly settle as you breathe.

2 Add a big squeeze of clear glue.

5 Shake the jar.

3 Add a spoonful of glitter and stir.

**How is your mind like the jar?**



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