

Let It Settle

What you need: Mason jar or plastic bottle, water, 60ml of glitter glue, 3 drops of gel food coloring, 60-80g of glitter

Time needed: To make the jar, 5 minutes. To use in class 3 minutes.

In this activity you are going to use a glitter jar to allow students to focus on the breath and to get the mind ready for learning. You can make the glitter jar at home and have it already made, or you can have students make their own.

Glitter Jar Instructions

1. Fill the jar almost entirely with water.
2. Add glitter, the glitter glue and a few drops of coloring.
3. Close the jar and shake it up.

*some recipes call for a few drops of dish soap

THE ACTIVITY

When students come into the class and are seated, shake up the glitter jar. Tell students they can sit quietly, inhaling and exhaling slowly until the glitter settles to the bottom of the jar. Once it is settled – start your class.

You may also use it as a brain break when the class has been listening to more than 10 minutes of instruction and need to rest the noggin.

Reflection

1. Ask students if they notice a difference in how they are feeling emotionally. If yes, what did they notice?
2. Ask students if they notice a difference in how they are feeling physically. If yes, what did they notice?
3. Ask students if they notice a difference in how they are feeling mentally. If yes, what did they notice?

You may want your students to practice a breathing technique while the glitter is settling.

1. 4-4-4-4 is breathing in for four seconds, holding for four seconds, breathing out for four seconds and holding for four seconds.
2. 4-7-8 is breathing in for four seconds, holding the breath for 7 seconds and then exhaling for 8 seconds.