



The jar is like our mind!

The glitter represents thoughts or feelings. Sometimes our thoughts and feelings can get stirred up and it can be hard to think or see clearly! But when we sit still and focus our attention, our thoughts and feelings can settle down, just like the glitter in the jar. When our thoughts and feelings calm down, we can see clearly and feel good again.

FIND MORE RESOURCES AT -
caitlineady.com

MIND JAR

CALM DOWN - THINK CLEARLY - FEEL GOOD

Made by:



USE ANYTIME

Use me anytime you want to take a break and feel calm. Just shake the mind jar, then sit quietly and watch the glitter settle back down to the bottom of the jar. As the glitter calms down, your thoughts and feelings will, too!