

Let's Make a Glitter Jar!

Big Question:

How can I better manage my stress level?

Set the Stage:

Ask – How do you know that you are experiencing stress? How do you respond? Are you open to learning another way of dealing with stress?

Resources:

You will need a computer, Internet access, and a review of this 2 minute and 58 second video. https://www.youtube.com/watch?v=bJIYMI_XV00,

Activity:

Procedure: After the intro video:

- Pour about boiling water into the jar – about a quarter of the way up
- Add a half to a whole containing of glue.
- Add 2 tablespoons of vegetable glycerin.
- Mix it up!
- Add food coloring, start with a little.
- Add glitter – about 1/2 cup in all.
- Fill with water and seal it tight.
- Shake away!

Note to Facilitator – Encourage youngsters to use this jar anytime they are frustrated or stressed. It can also be helpful to use it before a difficult task or when taking on a new task.

Reflection

Ask youngsters what they thought of the process. Ask them if they can see themselves using this as just one tool to help deal with frustration and/or stress.

Enrichment – Can your youngster teach another person, possibly a loved one maybe away how to make a glitter jar? I could be a lasting reminder to that person that they are care for in a deep way.

Standards:

[CASEL](#) Standards – Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision Making



Materials:

- Mason Jar – or any jar with a lid. It can be recycled!
- Hot water – get help from an adult if needed.
- Clear school glue
- Glycerin
- Whisk
- Food coloring
- Lots of glue

