

SETTLE DOWN JAR

Use this jars as a way to balance your constitution, calm and focus the mind and return to a quiet, centered space. The glass represents earth, liquid is the water, sparkles are like fire and air is represented in the your long, deep breath. Looking for the charm is practice for remembering that your true nature is goodness and light, within even the most tumultuous feelings.

Materials:

Mason Jar

Glitter

Metallic confetti shapes/charms

Clear glue like Elmers clear school glue

Water

Optional: Explanation tags to attach to the jar with a rubber band or tape. Found on the next page.



Instructions:

1. Fill the jar a quarter of the way up with glue to keep glitter suspended in the water. Less will allow glitter to settle faster. More will slow it down.
2. Put one or two confetti charms in your jar. Enjoy finding and watching your charms.
3. Use about three to five teaspoons of glitter depending on the jar size. Be mindful when mixing colors. You can also add a pinch of pearl powder for opacity.
4. Fill with water. Tightly close the top.

Optional - To secure the jar, use hot glue on the top where it meets the ring and/or where the ring touches the glass after it is closed. Using glue on the inside of the top will cause it to not close securely.

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Use this jar as a way to settle down when your emotions are tumultuous. Gently shake the jar and then set it down. Take slow, deep breaths while you watch the sparkles settle to the bottom of the jar. How many breaths did it take for the water and your mind to become clear?

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