



Feel good

Happy thoughts

Stage

3

20 mins



Skills builder



Aim of activity

Take some time for yourself by creating a mindfulness jar that will clear your thoughts.

What you'll get out of it

- Create a mindfulness tool.
- Practise a mindfulness technique.

What you'll need

- Paper
- Scissors
- Water
- Colouring pencils
- Teaspoons
- PVA glue
- Glitter, 3 colours
- Food colouring
- A glass jar with a lid, 1 per girl
- Craft materials
- Masking tape (optional)
- Glass pens (optional)



WE DISCOVER, WE GROW

Girlguiding



Feel good

Before you start

Cut out circles of paper the same size as the jar lids, enough for one each.

What to do

1 As a group talk about what makes you happy. Can you think of a time when your friends, family or Girlguiding made you happy?

2 Take a circle of paper and on the top write your name. Around the outside of the circle write or draw three happy memories.

3 Grab a jar and stick your circle of paper on the lid. Using the craft materials decorate your jar to remind you of your memories but make sure you can still see inside.

Try it this way

You could decorate your jar using glass pens or wrap masking tape around the top and bottom and colour it in.

4 Once you've finished decorating your jar, fill it to the top with water. Put in half a teaspoon of PVA glue and a teaspoon of food colouring.

5 It's time to add the glitter! Take half a teaspoon of the first glitter. Drop it into the water and as you do read out one of your happy memories that you wrote or drew on your jar lid.

6 Then take half a teaspoon of the second glitter and as you put it in the jar say out loud your next memory. Do the same with the third glitter. Once you've put in your glitter screw the lid on tightly.

Top tip

You could secure the lid with glue on the inside.

7 Shake your jar gently for five seconds, hold it in your hand and watch your jar. As the glitter begins to settle let your worried thoughts fall away. Instead, think about your happy memories.

8 Take your jar home and use it to help you relax or feel happier whenever you're feeling stressed, sad or worried. You just need to shake the jar to be reminded of your happy memories.

Take it further

Reflecting on happy memories is great for your wellbeing. How else could you do this? Think of a way to record your happy memories, such as a scrapbook or photo album and do it.