

## THIS LESSON CORRESPONDS WITH THE CORE LIFE MINDFULNESS NEWSLETTER.

### 15-20 MINUTES

#### SUGGESTED SUPPLIES/TECHNOLOGY:

- A glass mason jar or something clear with a tight cap.
- One bottle of clear glue works best (not white glue). You could also use corn syrup.
- Water
- Glitter: Super fine glitter is ok with a little regular sized. You can also add sequins, beads, shells, plastic jewels, etc. (Glow in the dark glitter looks great if you can find it).
- Optional: Baking soda (a pinch or more).
- Optional: Food coloring (Just one drop!).
- Strong glue or colored duct tape to fasten the lid to the container.



**ESSENTIAL QUESTION:** What can I do to help me better manage my emotions?

**LEARNING TARGET:** I can explain what being mindful is and why it is important to feel happy and healthy. I can use mindfulness to help my relationships with my friends and family.

**BELL RINGER/ICE BREAKER:** Explain how thoughts bring out all kinds of emotions in us, and how it is important for us to learn how to use our thoughts to our best advantage. It starts with becoming aware of the thoughts you encounter every day. This is mindfulness.

Teachers will ask students to sit quietly for 1 minute and try to willfully stop their thoughts. Ask: Was it difficult or easy for you? Let students respond.

The teacher will conduct the glitter jar experiment to illustrate how it is easier to quiet thoughts when we focus on something in the present.

**DIRECTIONS:**

Fill your jar or bottle 3/4 of the way full with water. Then add the clear glue or corn syrup (shake). You have to pour the glue or syrup directly in the water without letting it touch the sides of the bottle or the glitter will stick to it. The more glue you use, the longer it will take the glitter to fall. Add glitter and baking soda with a funnel (shake). Add 1 drop of food coloring if desired, and then glue/tape the lid on.

Ask students to practice quieting their thoughts again while watching the bottle. Ask them to sit up with feet on the floor, soften their eyes and take deep, slow breaths in and out through their noses. Ask students to place their hands on their bellies as they breathe. Notice that it is like a balloon, rising and falling with every breath (This is "deep breathing"). Watch the glitter until it is completely settled.

Explain how our emotions can make us feel all stormy inside, just like this jar and its contents. Tell students that when we feel stormy inside, we can settle down by deep breathing and focusing on something around us, much like your students focused on the glitter settling to the bottom of the jar. As our thoughts settle down, we become more rational in our thinking.

Ask the students what they noticed.

**EXIT SLIP:** Students will write down what mindfulness means to them and how they can practice it every day.

