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**Primary School**

**Time: 5+mins**

**EXPLAINING THE GLITTER JAR OR BOAT AND ANCHOR**

1. Explain that the clear water is the mind (calm and clear).

2. The glitter represents their emotions and thoughts.

4. Tell them you are going to give them a demonstration:

5. As you swirl the jar, explain that when we have lots of thoughts or feel angry, busy, scared, shy it swirls up the thoughts and emotions. That can even happen when the mind gets too happy or excited.

6. Ask the children what emotions would make the glitter swirl. (Examples: excited at going to a new school; scared after hearing a horror story; nervous at taking a test; sad at losing a pet….). It is better if they explain WHAT is causing the emotion rather than just naming ‘anger’ ‘sadness’ etc. As they name the emotions correctly, swirl the jar a little and explain how it is now becoming a little cloudy.

7. Then show them by being still and concentrating on their breathing (stop swirling the jar) to notice what happens. The glitter stops swirling and settles to the bottom of the jar.

**Option:** Explain the boat is the mind on the water and the anchor is the breath. Each time the boat (mind) wanders, the anchor (breath) can bring it back.