

# Lesson 9

## MINDFULNESS JAR



My mindfulness jar

When I use my mindful jar  
I feel...

.....

.....

.....



YEAR 2 PARTNERSHIP PROGRAM | 16

SAMPLE



If you have more time:

Share (5 mins)

- Complete a mindful colouring at the back of the Student Journal.



GEM Chat this week...

- What is your favourite mindfulness activity? Why?

# Lesson 9

## MINDFULNESS JAR

### Learning Intentions:

#### We are learning to:

- Be mindful using our mindful jars.

#### Success Criteria:

- I can explain what being mindful means.
- I can describe how I feel when I am being mindful.
- I can make a mindfulness jar.
- I can use my jar to help me be mindful.

#### Integration Inspiration:

- This lesson could be further integrated into Writing by creating a procedural text, outlining the steps to make the mindfulness jar.

#### Resources:

- Glass see-through jar (one for each child)
- Water.
- Glitter or glitter glue.
- Clear craft glue.
- Tape or hot glue gun to seal lid.
- Access to the TRP Teacher Resource Hub.
- Student Journals.

**Teacher note:** You will need one glass, see through jar for each child. You may like to put a call out to families to bring in empty jars from home.

*It is also a great idea to leave the mindfulness jars at school to use throughout the year.*

### Outline:

#### Activity 1: Mindfulness jar video (5 mins)

- Explain to students that they are going to watch a video about a mindfulness jar and you want them to think about how it makes them feel.
- Watch **Video 216** – Take 5ive Mindfulness: Make a mindful jar.

- Ask students how they felt after watching that video clip.

#### Activity 2: Making a mindful jar (20 mins)

- This is a great activity to do outside if weather permits (less mess outside).
- As the teacher you can decide how you would like to organise your class but this works well when sitting in a circle or in small groups.
- Have each child fill their jar 2 thirds of the way with water.
- Students then choose what colour glitter they would like to use. Pour about 1 tablespoon of glitter into the jar with the water.
- Top up the jar with the clear glue.
- You can either use a hot glue gun to secure the lid or use a strong waterproof tape (eg: duct tape) to secure the lid.

#### Activity 3: Mindfulness practice with the mindful jar (10 mins)

- Model to students how to use the jar or refer back to the video watched in Activity 1.
- Students find a quiet space on their own around the room.
- They shake the jar and then place it in front of them so they can watch the glitter swirl and slowly sink to the bottom.

#### Activity 4: Student Journal Reflection

- Students complete the journal page.
- Students can write and/or draw how they felt when using the mindfulness jar.