THE MİNDFUL SCHOOL
Student Lessons – Level 1

CONCEPT:
MINDFUL BREATHING

EXERCİSE NAME:
THE BOTTLE OF CALM/'MİND JAR'

EXPLANATİON:

THİS LESSON İNTRODUCES CHİLDREN TO THE MİND JAR. THE MİND JAR İS A TOOL THAT CAN BE VERY USEFUL TO CALM US DOWN WHEN WE ARE NERVOUS, AND İS İNSPİRED BY THE MONTESSORİ METHOD. WHEN WE SHAKE THE JAR, WE CAN OBSERVE HOW THE GLİTTER MOVES UNCONTROLLABLY, SUCH AS WHEN WE GET ANGRY OR FRUSTRATED. WHEN WE SHAKE THE JAR AND THE GLİTTER MOVES, İT REPRESENTS OUR MİND WHEN İT İS FULL OF NERVOUS/NEGATİVE THOUGHTS.

METHODOLOGY

- THİS TOOL CAN BE USED AS PART OF A WHOLE CLASS LESSON OR WİTH İNDİVİDUAL CHİLDREN. IF THE MİND JAR İS BEİNG USED WİTH AN İNDİVİDUAL CHİLD, İT CAN BE USED WHEN THE CHİLD İS FEELİNG CHALLENGİNG EMOTİONS SUCH AS FEELİNG NERVOUS, ANGRY, İRRİTATED ETC.
- INVİTE THE CHİLD TO SHAKE THE MİND JAR AND FOCUS THEİR ATTENTİON TO THE PATTERNS AND MOVEMENTS OF THE LİQUİD AND GLİTTER. ACCORDİNG TO SOME STUDİES, WHİLE CHİLDREN OBSERVE THE FALL OF GLİTTER, THEY CAN ORGANİZE AND CENTRALİZE THE NERVOUS SYSTEM.
- INVİTE THE CHİLD TO FOCUS ON THE CONTENTS OF THE JAR UNTİL ALL OF THE GLİTTER HAS SETTLED. THİS FOCUS WİLL DİVERT THE CHİLD'S ATTENTİON FROM THE CHALLENGİNG EMOTİON THEY ARE FEELİNG AND WİLL HOPEFULLY SUPPORT THE CHİLD İN CALMİNG DOWN.
- WHEN THE CHİLD İS CALM, THİS JAR CAN BE USED AS A METAPHOR FOR THEİR CHALLENGİNG THOUGHTS – MUCH LİKE THE GLİTTER İN THE JAR, İT CAN BE TRİCKY TO FEEL PRESENT WHEN OUR THOUGHTS ARE RACİNG AROUND OUR HEAD. USİNG OUR MİNDFUL BREATHS AND ALLOWİNG TİME FOR THE CHALLENGİNG EMOTİON TO PASS, AND THE GLİTTER TO SETTLE AT THE BOTTOM OF THE JAR CAN HELP US TO BECOME MORE CALM AND OVERCOME OUR CHALLENGİNG EMOTİONS.

LESSON #: 2

THE MİNDFUL SCHOOL

Student Lessons

WHAT DİD YOU NOTİCE AFTER YOU SHOOK THE MİND JAR? CAN YOU THİNK OF A TİME YOUR MİND FELT BUSY LİKE THE MİND JAR? DİD WATCHİNG THE MİND JAR HELP YOU TO MAKE YOUR HEAD FEEL LESS BUSY?

LESSON RESOURCES

How to Create Calm Down Glitter Bottle