

GOOD PRACTICE MEDITATION FOR KIDS



glitter ball for big emotions/busy minds

If children struggle with big changes, busy minds or big emotions, the glitter ball mindful practice can help. Works well for children up to age 10/11

Glitter Ball – how to make

Perhaps explain that our feelings and thoughts can get stirred up and we feel overwhelmed so this glitter bottle can help us understand what to do if we feel this way.

You'll need a clear bottle, some water and some loose glitter (perhaps different colours).

Take an empty, clear bottle, half-filled them with water. Invite your young person to look at the water closely and imagine this clear water was like their mind during a quiet moment.

Add a little bit of glitter and put it in the bottle – each coloured glitter could be a different feeling; happy, sad, angry and excited.

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Glitter Ball

Help your child fill up the rest of the bottle with water. Place the lids on them and shake them up.

Explain that when we are hurrying or busy and our minds swirl – this is like shaking the glitter ball.

Stop shaking the bottle and invite your child to watch how the glitter slowly floats to the bottom and the water (their mind/feelings) becomes clear again.

Demonstrate shaking again.

Then the 2nd time as they watch the glitter float down, ask them to breathe out slowly – as slow as the glitter floating inside the bottle.

Please repeat this if necessary.

Ask them to notice what it feels like to be a human ‘glitter bottle’ when our glitter (thoughts/feelings) are calmer and we are clearer.

Teach them to practise the shaking and focus on breathing out whenever they need to feel better.

If children have a lot of energy, get them to jump up and down and imagine they are sharing their ‘glitter bottle’ but then as they stop they breathe out and imagine their internal ‘glitter’ floats to the bottom.