

# Esme & Roy

## GLITTER JAR



### A LITTLE GLITTER CAN MAKE YOUR MONSTER SHINE!

Esme and her best friend Roy are monstersitters who encourage mindfulness to support the little monsters they babysit.

### LEARNING BENEFIT: MINDFULNESS IS OHMAZING

Mindfulness techniques help kids focus, regulate big feelings, and achieve a sense of calm. (Ohmmmm!) Esme and Roy use the following strategies to help their little monsters calm down and regulate their emotions:

- Belly breathing
- Self-talk (e.g., "I can do it," "I am brave")
- Hugging oneself or using a Hugging Pillow
- A Glitter Jar

### WHAT ON EARTH IS A GLITTER JAR?

It's just what it sounds like: a clear jar filled with water and sparkly glitter. :)

When your adorable little monster is overwhelmed with big feelings, encourage them to take deep belly breaths, shake the snazzy jar, and watch as the glitter whirls and swirls all around, just like their intense emotions. After a while, the glitter will settle, and hopefully, so will your child.

When your child is calmer, talk about what just happened. Use "feelings words" like angry, scared, frustrated, disappointed, or worried. Having words to label their feelings is an important first step for children to manage their enormous emotions.





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## GLITTER JAR



### Activity: Make Your Own Glitter Jar like Esme & Roy!



#### Materials:

- Water
- Glitter glue
- Loose glitter
- Small, clear plastic jar or bottle

#### Instructions

- 1 Fill your jar about  $\frac{3}{4}$  of the way with warm temperature water.
- 2 For every cup of water, add 2-3 drops of glitter glue to the jar.
- 3 Add the loose glitter until there's  $\frac{1}{2}$  inch to  $\frac{3}{4}$  of an inch of glitter at the bottom of the jar.
- 4 Add glue to the inside of the lid's lip before closing, and then secure it super tightly. Make sure the glue is dry before shaking the jar, or else you'll have glitter all over your floor!



And hey, why not sing the following song from Esme & Roy as you and your child are engaged in this mega mindful activity:

When the glitter starts to fall like snow,  
Watch as it settles all around,  
Take a deep breath nice and slow,  
And feel your body calming down.

