

Wellness



Did you know?

In the English language, there are over 400 words that describe different kinds of emotion

FEELINGS JAR

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

Take a jar and fill it with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.



Imagine that the glitter is like your thoughts when you're stressed, angry or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset - because you're not thinking clearly.

Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions.

Try focussing on one emotion at a time and see if you can calm your mind just like the glitter in the jar.



**ULTIMATE
ACTIVITY CAMPS**