**Feelings Jars with Glitter**

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**Note: -**

This is a visual activity to discuss the child/young person’s feelings that can get jumbled up and confusing. This activity can help the worker to identify the more prominent feeling the child/young person might be experiencing. Once the activity is completed you can discussion coping strategies that may help. You can refer to these agreed coping strategies as you progress in the life story work.

**Guidance: -**

* Together with the child/young person read ‘The Colour Monster’ book (ISBN 978-1-78370-356-2)
* Talk about all the feelings mentioned and how we all have different feelings at different times.
* To help explain this, add the warm water to a jar of PVA CLEAR glue (50:50).
* While you’re looking through the book for a second time, add a small spoonful of each corresponding colour of glitter to the jar.
* When finished ask if they would like to add any more feelings (glitter) to the jar (at this point you may find out if there are

any overriding feeling that the child/young person is experiencing).

* Add a very small amount of food colouring.
* Seal the jar tightly.
* Ask the child/young person to shake the jar and watch the glitter float about.
* Relate this to how our feelings sometimes get mixed up when we’re worried, angry, cross, frustrated etc.
* Talk about what activities they could do for the duration it takes for the jar to settle to help them relax.
* You could discuss mindfulness activity in the session that follows.

**Resources:**

* Wallpaper
* A variety of pens
* Portable printer
* Life Story book
* Colour Monster book
* Glitter (different colours)
* Clear PVA glue & warm water 50:50
* Food colouring
* **Write the important comments the child says on the wallpaper.**
* **Take photos, print them, and stick them into the child’s life story book.**
* **End with a game to reconnect**