

Glimmer Jar Activity Guide



You will be able to capture your gratitude and glimmers with a glimmer jar! The glimmer jar is a mindfulness activity that will allow you to focus on your strengths by acknowledging positive attributes and expressing appreciation for them. In this activity, you will be creating a special jar filled with slips of meaningful gratitude messages that you can pull out when you want to invoke these feelings of appreciation and thankfulness. Your collection of glimmers will build up as you find more things to be grateful for. Or, if you're having a day where you're feeling low, can go through the glimmer jar to see what you're reminded of and what you're grateful for.

Supplies:

- Clear jar (e.g. mason jar, clean pasta sauce jar)
- Decorations and art supplies, which may include:
 - Stickers
 - Ribbons
 - Glue
 - Colored paper
 - Paint/Paintbrushes
 - Stamps
- Blank sheets of paper to cut into slips of various sizes
- Pen or pencil



Tips:

Here are some great opportunities when you can utilize your gratitude/glimmer jar:

- After you wake up in the morning
- Before you go to sleep at night
- After you experience a challenging day
- Before a stressful event (ex. test, interview or presentation)
- After you receive disappointing news
- Before or after you meditate

Instructions:

1. Decorate the jar in a way that you feel expresses your identity. That can mean drawing or painting on the jar, filling the jar surface with stamps and stickers, or adding your own photos.
2. Prepare your slips of paper for noting your glimmers. Keep these handy along with a pen and your jar. Write your first glimmer on a slip of paper and place it in the jar.
3. Continue adding to your glimmer jar throughout the year. Write down some experiences, strengths and people you are grateful for on each slip of paper. You can also include callbacks to something that makes you happy. Fold the slips of paper and add them to the jar.
4. Use your glimmer jar when you feel like you need a boost of positivity. Gently shake the jar and pick a slip. Then, read your answer out loud and reflect on what emotions you feel. Place the slip back in the jar for future inspiration too.

