Lesson plan by the Health Education and Training Center of Gainesville, Inc.

**Lesson Plan IV**

Course Title: Kids Craft Club

Lesson Title: Mind Jar Craft with Deanna Rose

Lesson Date: TBD

Instructor: Deanna Rose Morgado

Format: Prerecorded craft tutorial video with live dictation

Length: 60 min

**LESSON OBJECTIVES**

• Express creativity and imagination

• Learn how our thoughts affect our ability to see things clearly

• Practice mindful breathing techniques

• Demonstrate how our thoughts affect us

• Encourage patience and parent-child bonding

**MATERIALS**

• Laptop

• Webcam

• A transparent mason jar or other jar with its lid

• Vegetable oil

• Warm water

• Three different colored beads or glitters

• Glue

OPTIONAL

• One color of liquid food coloring

• Small funnel

Materials price: Approx $5-$15

**ACTIVITY DESCRIPTION**

1. Instructor welcome (2 min)

- Instructor introduces herself, states class goal and any updates, and invites participants to provide feedback on the course

2. Craft explanation and relevance (5 min)

3. Instructor leads craft instructions along with grounding and awareness exercises/prompts to do while crafting (10-15 min)

4. Craft completion/show off work (2 min)

5. Guided meditation with new Mind Jar (3 min)

6. Class outro (2 min)

**MIND JAR INSTRUCTIONS**

1. Before starting your jar, choose the three colored beads or glitters.
* When you’re picking out your beads, choose one color to represent your thoughts. Then choose a second colored bead to represent your feelings. Lastly, choose a bead to represent your behaviors. Take your time choosing your colors.
1. With your beads and rest of the materials ready to go, first take three slow deep breaths, in and out.
2. Remove the lid from your jar and fill it halfway up with warm water. Add 1-2 drops of your favorite food color if you’re using it.
3. Now, fill the other half of the container with vegetable oil. Make sure to leave some room on the top for easy flow of water and vegetable oil.
4. Take a moment to think about your jar as your mind. And your mind holds your thoughts, feelings, and behaviors inside it.
5. Gather your three different colored beads or glitters.
6. One color at a time, add a generous amount of beads or glitters in your jar. Slowly add your thoughts, your feelings, and your behaviors to your mind. Remember to breathe slowly and deeply as you do this.
7. Once you’ve added your beads, close the lid. Secure the lid with some glue so that water doesn’t drip off.
8. Turn the jar upside down and give it a shake.
9. Watch as the different beads swirl around the jar the more you shake it up.

**MEDITATION WITH MIND JAR (3-4 minutes)**

1. Set your Mind Jar down so it will settle.
2. Sit comfortably with your eyes closed and focus on your breathing.
3. Take three slow deep breaths in and out.
4. Open your eyes and watch your Mind Jar
5. The jar is your mind. The beads inside it are your thoughts, feelings, and behaviors.
6. As you breathe and watch your jar, notice how still the beads are and how clearly you can see through the liquid.
7. Continue to watch your Mind Jar.
8. Take three more breaths and feel how still you feel...just like the jar.
9. Now pick up your Mind Jar and give it a shake.
10. Watch how the beads swirl all around the jar, distorting the clear jar.
11. Breathe slowly as you watch the different colors move around the jar. Watch your thoughts, feelings, and behaviors swirl and spin.
12. Can you see what happens when your mind gets shaken up? A shaken up and agitated mind affects your thoughts, feelings, and behaviors.
13. When your mind is worried or stressed, we’re unable to think and see things clearly. Just as our Mind Jars show us.

**SUGGESTED OUT-OF-CLASS ACTIVITY**

* Kids can practice shaking up their Mind Jar any time they’re feeling worried or stressed. They can breathe deeply and slowly as they watch the beads settle back down.
* Gather materials for our next craft:

**WRAP-UP MESSAGE**

Preview the next lesson's topic with hint to next lesson’s craft: emotional awareness