**Mindfulness Jar**

Video Link: <https://youtu.be/ZxrOIW4GRCI>

**Activity Description:** Families will place all the slips of paper with the eight mindfulness activities in into a decorated mason jar. A family member will randomly pull out one slip of paper and the entire family will complete that activity.

**Time:** Activities can be completed weekly and take about 10-20 minutes each

**Provided Materials:**

* Mason jar
* Glass markers
* Activity handouts
  + Mindfulness Activities
  + Safari Walk
  + Rainbow Walk
* Pencils or pens
* Snacks

**Additional Materials:**

* Common items in your home
  + Soft or coarse towels, blankets, books, sofa, kitchen chair, kitchen utensils, sponge, rugs, etc.
* Music (YouTube, Pandora, or Spotify)
  + YouTube channels for a century of music:

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| --- | --- |
| **1920-1929** | Top 20 Greatest Songs 1920-1929 (According to Dave’s Music) |
| **1930-1939** | Top 20 Greatest Songs 1930-1939 (According to Dave’s Music) |
| **1940-1949** | [Top](https://www.youtube.com/watch?v=NkzTTQGHWrI) 30 Greatest Songs 1940-1949 |
| **1950-1959** | [Top](https://www.youtube.com/watch?v=-h_OEFLX9NQ) 50 Greatest Hits of the 50’s |
| **1960-1969** | [Top](https://www.youtube.com/watch?v=d7QB8ulV4HE) 100 Greatest 60’s Music Hits |
| **1970-1979** | [Top](https://www.youtube.com/watch?v=vUQ97i_mBI0) 100 Greatest Songs of the 70’s |
| **1980-1989** | Top 100 Biggest Hit Songs of the 80’s |
| **1990-1999** | Top 100 Songs of the 90’s |
| **2000-2009** | [Top](https://www.youtube.com/watch?v=OMf0jUObm7s) 100 Songs of the 2000’s |
| **2010-2019** | [Top](https://www.youtube.com/watch?v=OMf0jUObm7s) 100 Songs ofthe 2010 |

**Instructions:**

1. Decorate the mason jar with the glass markers provided.
2. Write the names of the mindful activities on the perforated paper (the paper is divided into 3 sections and the name of an activity should be written on each section):
   1. Safari Walk
   2. Rainbow Walk
   3. Music of the Decade
   4. Mindful Snack
   5. Mindful Touch
   6. Mindful Pose
   7. Body Scan
   8. Heartbeat
3. Separate and fold the slips of paper so you cannot see the name of the activity.
4. Place the slips of paper into the Mindful Jar.
5. Try one activity at a time by choosing one family member to pick a slip of paper from the jar.
6. Once the activity has been selected from the jar, review the Mindfulness Activity handout for directions.
7. After each activity, ask each other questions:
   1. How did you feel before the activity?
   2. How did you feel during the activity?
   3. How do you feel now?
   4. What senses (sight, sound, smell, taste, touch) did you use?
8. We just practiced mindfulness! Mindfulness means slowing down and taking your time to really notice what you are doing or pay full attention to something. Being mindful means focusing in a relaxed and easy way.
   1. Practicing mindfulness can help us understand our emotions, increase attention and concentration, and improve relationships.
   2. Mindfulness can also help to relieve stress, lower blood pressure, reduce chronic pain and stomach issues, and improve sleep.
   3. Think about how you felt before and after the activity: do you feel a difference? Do you think it would be helpful to practice a mindful activity every day?