

## **Mindfulness Jar**

### **Instructions**

Guided by the content as described online, read the following instructions to lead this brief meditative breathing exercise.

Here's a suggested script you can follow and adapt as required:

- Once you are seated comfortably, take these next few moments to relax.
- Now, take a deep breath in.
- Holding the jar in your hands, give it a good shake.
- Watch the glitter slowly fall.
- Notice that the glitter is slow, just like our breath.
- Inhale.
- Exhale.
- And again.
- As we focus on the glitter jar, feel your breathing become calmer.
- Continue to focus on your breathing until all of the the glitter settles on the bottom.
- When you are ready, I invite you to slowly return your presence to the group.

### **Source**

This guided meditation was sourced from Lisa Hughes.