



## Calm Spheres

You will need:

- A clean, empty glass jar with a lid
- Water
- Glitter or small beads in 2 colours



**What do you need to do:**

1. Fill your glass jar 3/4 full with water
2. Choose one of your colours of glitter / beads. Add these to your jar (you only need a little bit of glitter). These are your positive thoughts about yourself and other people. Talk to someone at home about what some of these feelings are and the triggers.
3. Put the lid on your jar, and make sure it is on tightly!
4. Shake your jar for 5 to 10 seconds. Give it a really good shake!
5. Watch the glitter or beads move around in your jar.
6. Now take the lid off your jar
7. Add your 2nd colour of glitter/beads to the jar. These are your negative thoughts about other people. Share with someone what some of these feeling are or what triggers them.
8. Put the lid on your jar again. Make sure it is on tightly again!
9. Shake your jar again for 5 to 10 seconds.
10. Watch the glitter or beads move around in your jar
11. Wait as the glitter and beads settle and fall to the bottom of the jar. How do you feel watching them slowly fall?

The glitter or beads will be spinning around. What emotion is this like? If this represented your mind, how would you feel making decisions now?

It might make you feel calm, can you think of what makes you feel calm? Now the glitter has settled, is it easier to see the 2 colours in the jar?

Making ourselves calm can help us to see things more clearly and help us make better decisions. We cannot always stop the things that 'shake us', our environment is constantly changing (with a global virus, violence around the world, exam and school changes are examples

of things that can shake us) but we can try things out to make us feel calmer. Why not try some out at home? If we are kind to ourselves then focusing on things will be easier. If we focus on ourselves before trying to change society, we will be able to make better decisions moving forward.

Keep your jar somewhere you will see it, to remind you to try and be calm.

## Banana Bread Mug Cake - vegan!

You will need:

- 1/2 mashed banana
- 2 tbsp any flour
- 1/2 tsp baking powder
- 1 tbsp maple syrup
- 1/2 tbsp milk
- toppings - nuts, banana, choc chips

1. Mash 1/2 banana in a mug until it becomes a puree
2. Add the rest of the ingredients and stir until combined
3. Add the toppings of choice on top
4. Microwave for 1 minute
5. Let it sit/cool for 2 minutes
6. Enjoy!

