

Emotion Jars Craft Activity

Create colourful jars to explore and understand your feelings!



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NOTE: This image is for creative purposes only and not a representation of the final result

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Materials Needed:

- Clear glass or plastic jars with lids (one for each emotion)
- Water
- Food colouring (various colours)
- Glitter (different colours and sizes)
- Small objects like buttons, beads, or sequins
- Glycerin or clear glue (optional, to slow down the settling of materials)
- Labels or markers for labelling jars

Instructions:

1. Choose which emotions you want to represent (e.g., happiness, sadness, anger, calm).
2. For each emotion, fill a jar about 3/4 full with water.
3. Add a few drops of food colouring that represents the emotion (e.g., yellow for happiness, blue for sadness).
4. Add glitter and small objects that represent the emotion.
5. If using, add a tablespoon of glycerin or clear glue to slow down the settling of materials.
6. Fill the jar to the top with water, leaving a small space for shaking.
7. Secure the lid tightly and seal with glue if necessary.
8. Label each jar with its corresponding emotion.
9. Shake the jar and watch the contents swirl, discussing how it represents the emotion.

Benefits of the Emotion Jars Activity

- Helps children visualize and understand different emotions
- Provides a tangible way to discuss feelings
- Can be used as a calming tool when emotions are intense
- Encourages creativity and self-expression
- Develops fine motor skills during the crafting process
- Promotes emotional intelligence and self-awareness