



MARDI GRAS SENSORY JAR

Lesson of the Day:

It can be a very important to have a way to calm down when things get too stressful or loud. Find something that helps you to breathe deep and relax. And take a little time every day to take care of yourself!

Materials:

- Jar
- Water
- Mardi Gras style beads
- Corn Syrup
- Chunky and fine glitter
- Optional: Food Coloring



Instructions:

1. Discuss the lesson of the day with your students. Talk about what it means to them.
2. Have students fill the jar with whatever colors and textures of glitter they want. It can be good to mix both fine glitter and chunky glitter. Fine glitter settles in the bottom faster and is more fun to shake up, but the big glitter is easy to see.
3. Have students cut up or break beads off Mardi Gras necklaces and put some in the bottom of the jar with the glitter.
4. Fill the jar with different liquids. The best is half water and half corn syrup, but it can be fun to show the kids about different viscosities.
5. Add food coloring if students want their “water” colorful.