



# “Mind in the jar” experiment

The children sit in a circle.

“Have a look at this glass of water.”

The teacher puts a glass down in the middle of the circle.

The children describe the state of the water (clear, transparent, pure).

The teacher mentions that this corresponds to a clear state of mind.

Then a child brings soil or sand and puts it in the water. Another child stirs it.

“What happens to the clear water?”

“How does the mixed water become clear again?” (When you leave it the soil/dirt settles at the bottom. In the same way, the disturbed mind becomes calm when we let it settle.)

From time to time, look again at the glass of water and notice when it has become completely clear.



## Teacher’s notes:

Children can make their own individual “mind in the jar.”

Alternatively, children can add different colours of glitter into the jar which correspond to different feelings.

You can refer to this video here: <https://www.youtube.com/watch?v=QNmMH6tqiMc>