

Take a shake break

Time: 30-40 minutes

(There is a livestream for this activity, the link is available on our virtual camp webpage)

Shake away your fears and doubts as we see how mindfulness can help us take our mind off our problems. The glitter represents feelings, and the jar represents the mind. We want you to understand how to be kind to others and how feelings in our mind can settle if we breathe deeply, calm down and focus,

You will need

- PVA Glue
- Clean jar with tight lid
- Glitter
- Warm water
- Spoon
- Pen (Marker)
- Ruler

Run the activity

1. Ensure the jar is clean, using the ruler measure 2cm from the base and with the marker draw a line at the 2cm mark
2. Fill the jar with PVA glue up to the 2cm mark
3. Add a tablespoon of glitter to the jar
4. Fill the jar with the warm water, leaving room at the top
5. Using the spoon make sure you mix it all together
6. With the help of an adult, screw the lid onto the jar (ensure it's tightly screwed)
7. Shake the jar for 30 seconds and watch the glitter settle

This activity counts towards

- Community Impact (1) Staged Activity Badge
- Creative Activity Badge

Safety

These activities should be supervised by parent/carers at all times, and are not subject to The Scout Association's Policy, Organisation and Rules. These activities are completely voluntary, and each parent/carer should determine if they are suitable for their children.