

kindnessmatters50.com #kindnessmatters50

This is a mindfulness jar, also known as a calming jar. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Shake it and watch as the swirls of glitter move at their own graceful pace from one end of the bottle to the other.



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