



Make a Mindful Lava Lamp

Being mindful is all about learning to pay attention.

We can learn to pay attention, settle the mind and be mindful at any time of the day.

All you need to do is focus on what you are doing!

By learning to focus, we can settle and become calm, in both the mind and the body.

To help us with this we can have special games or activities that we can use to practice mindfulness.

This activity allows us to be mindful scientists. This is a simple mindful experiment that we can use to help us feel calm when we feel stressed, worried, frustrated, sad or angry.

Preparation

You will need:

- An empty and clean jar or bottle
- Water
- Vegetable oil
- Food colouring
- Bicarbonate of soda



Instructions

(Please ask for help from an adult when making the lava lamp.)

1. Start by filling the jar or bottle with vegetable oil almost to the top, remembering to leave a little space.
2. Then, fill the rest of the jar or bottle with water. The water will drop to the bottom below the oil.
3. Next, add a few drops of food colouring to the jar or bottle.
4. Watch as the food colouring sinks down and changes the colour of the water.
5. Put a small amount of bicarbonate of soda into the jar and watch as the lava lamp comes alive!

Using the Mindful Lava Lamp

When we feel stressed, we can use the lava lamp to help us settle our minds.

Just follow the guide below:

1. Start by focusing on the settled lamp and notice how you are feeling.
2. If it feels OK, you can say out loud how you are feeling. Say, 'I am stressed' or 'I am worried'. See if this helps your mind to feel more settled.
3. Now, add a small amount of bicarbonate of soda to the jar. Watch as it swirls and moves and comes alive.
4. Just keep focusing your attention on the jar, watching as the colours move. There is nothing else to do; just rest.
5. If you get distracted or find you are daydreaming, that is OK. Just say, 'I am thinking' and then refocus on the lava lamp.
6. See if you can stay focused on the lava lamp until it settles and becomes still.
7. Then, notice how you feel. You will probably notice that you feel a little calmer, more settled.
8. If not, you can begin again, adding bicarbonate of soda and watching it settle.

