



Extension
UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY

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Helping Children Navigate World Events

From Dodge County Extension Youth Development Educator

In the world we live in, tragedy and violence are all around us. We never know when it may strike. Last week, I taught a session to Kindergarten through 2nd Graders. In the session, they learned to make Calming Glitter Jars.

The glitter jars are one opportunity for youth to deal with emotions like anger, anxiety, and stress. According to Genevieve Ford, Deputy Head and Pastoral Head of [Downe House School](#) in Berkshire, "The key benefit of the calming jar is its ability to promote emotional regulation. When children become upset or anxious, they can shake the jar and watch as the swirling glitter settles. This process mirrors the settling of their own racing thoughts and emotions."

Genevieve recommends using calming jars to help children focus and concentrate too. "In a world filled with distractions, teaching children how to concentrate on one thing at a time is invaluable. As they watch the glitter slowly settle, they learn to concentrate on the present moment, fostering a sense of mindfulness that can be carried into their academic and personal lives."

According to Genevieve, a calming jar can even be incorporated into a bedtime routine to wind down and relax before your little one drifts off to sleep. "By incorporating this simple yet effective tool into their daily routines, we can empower our children with valuable skills they can carry with them throughout their lives, helping them navigate the challenges of the modern world with resilience and calm."

If you would like to make your own Calming Glitter Jar with your child or grandchild, please go to: <https://www.hgtv.com/design/make-and-celebrate/handmade/how-to-make-glitter-jars>

Within my own life this week, I have had family and close friends dealing with some very scary events. Between violence in schools and unexpected tragedies within families, Extension offers some resources to help them during this time. Parenting and Child Development Specialist Anne Clarkson shared the following, "War, violence, and loss have become common themes in local and world news. Parents and other caring adults can positively support and guide children as they hear scary news or experience traumatic events." The following resource can help families and children process scary and violent events:

<https://parenting.extension.wisc.edu/2022/05/27/responding-to-scary-events/>



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Have questions? Extension is here to help.

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