

**KSA FAMILY RESOURCE • EMOTIONAL AWARENESS**

MOOD COLOR JARS

Create a sealed visual tool for noticing how colors and movement can reflect a mood.

AGES 4+**15-20 MIN****ADULT REQUIRED****WHAT YOU NEED**

A clear plastic bottle with a secure cap, water, food coloring, optional vegetable oil or glitter, a funnel, and strong tape or adult-applied non-toxic craft glue.

TRY IT

- 1 Choose a color that matches a feeling for you today. Colors do not mean the same thing to everyone.
- 2 With adult help, fill the bottle with water. Add a little oil for slow movement, then add food coloring and optional glitter.
- 3 An adult seals the cap securely. Gently turn or shake the bottle, watch the movement, and notice what changes as the contents settle.

WHY IT HELPS

The jar offers a predictable visual focus and a concrete way to talk about change. It may support a calming routine, waiting, or a conversation about how feelings shift over time.

MAKE IT YOURS

Skip glitter if visual movement is distracting. Use two colors, a quieter bottle with no extras, or invite the child to choose a name for the jar and when they want to use it.

SUPPORT + SAFETY

Use a plastic bottle, not glass. An adult must handle filling, sealing, glue, and small materials. Do not drink the contents. Discard the jar if it leaks, cracks, or opens.