MAISON JAR AND A COKE ACTIVITY

This short activity helps us identify with the life in life that are important to our well-being – and loving our selves.

Ask someone to volunteer to help with the following short exercise.

Ask them to do the following things in order, while you speak the words in bold print…

Hand the youth a mason jar and golf balls. Ask him/her to fill it.

*Is the jar full?*

Hand the youth the pebbles. Ask him/her to add these to the jar.

*Shake the jar lightly. Is the jar full?*

Hand the youth a cup of sand to pour in the jar.

*Is the jar full now?*

Hand him/her an unopened can of coke…..

Let’s look at this jar as if it represented our lives.

- The golf balls are the important things – God, our family, our health, our friends and our favorite passions. If everything else was lost your life would still be full.

- The pebbles are the others things that matter to us – like our jobs, our home, sports, fun activities…..

- The sand is everything else – the small stuff.

- Let’s think about this. If “he/she” had put the sand into the jar first, would there have been room for the pebbles or the golf balls?

- The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

- Pay attention to the things that are critical to your happiness. Play. Spend time with your family. Visit friends. Take care of yourself.

- Take care of the golf balls first, the things that really matter. Set your priorities…..because the rest is just sand.

- Does anyone wonder what the drink represented? It goes to show that no matter how full your life may seem, there is always room to get a coke with a friend!