



SAFE HARBOR @ HOME 2021

AGES: OLDER TEEN-ADULT

TOPIC

Things Left Unsaid/Regrets

GOAL

Express things left unsaid and start letting go of regrets

ACTIVITY

Letting Go

Materials

Option 1:

Chalk

Water (in spray bottle/bucket/bowl...)

Surface that can get wet (sidewalk/driveway ideal)

Option 2:

Dry erase markers

Dry erase board

Cloth/eraser

Option 3:

Paper + pen/pencil

Paper shredder (optional)

You've got a few options here. Feel free to do all at different times or just choose one. With each option, take some time to think about any words left unsaid or regrets you may have and then using the writing instruments (chalk, markers or pen/pencil) write out your thoughts on the appropriate surface. The next step is an important one - it is the part where we let go. By using either water, eraser or paper shredder - it is time to let go of the words. You can do this as many times as you'd like. *If you don't have a paper shredder, tearing it up works just as well. Of course whether you or not you want to destroy the paper is your choice. Once you have cleared away the words, take a moment to shut your eyes (if it feels comfortable for you) and take a few deep breaths.

*This is a great activity to do as a family.

QUESTION

How did it feel to do this activity? Were you able to allow yourself to let go a little? Think of some other things you could do to help yourself let go of unwanted thoughts.

Share or journal if inspired to do so.

