



## SAFE HARBOR @ HOME 2021

**AGES: 4-6**

### TOPIC

KINDNESS: Being kind to others and to ourselves!

### GOAL

Use writing and art to express to others and to ourselves how we feel

## ACTIVITY



Let's Be Kind and Share our Feelings!

### Materials

Paper  
Drawing materials (markers, crayons etc...)  
Your open mind and heart  
Music (optional)

### Part 1

Get comfy in your space with the lights turned down and your music on (if using). Shut your eyes (if that feels ok) and take some deep breaths. While you are relaxing, think of someone super special that you would like to thank or share how you feel about them. Did someone do something nice for you lately? Is there someone who just makes you smile? Take some time to draw or write to them and let them know how you feel.

### Part 2

Now that you are comfy in your peaceful space, think about what you would say to your best friend. What kind words would you say to them? Using your art materials draw or write a special note to yourself like you are your own best friend. What could you say to yourself that would make you smile? Now put it on paper and give it to yourself! You deserve it!!

### QUESTION

How did it feel to tell someone special how you feel? How did it feel to be kind to yourself?

