



## SAFE HARBOR @ HOME 2021

**AGES: 7-13**

### TOPIC

Things Left Unsaid/Regrets

### GOAL

Expressing things left unsaid and letting go of regrets with the use of chalk and water

## ACTIVITY

### Disappearing Chalk Art

#### Materials

Sidewalk or regular chalk

Spray bottle, hose or something to hold water (bucket, bowl etc...)

Water

Outdoor surface suitable for chalk

A clear day!

Before you begin with the chalk, think or talk about some things that you wish you could have said to your special person or what you'd like to say now to them if you could. Or any regrets you are still holding onto. Regrets are sad feelings that we have about things that either happened or didn't happen.

After you have given it some thought, write or draw your feelings/thoughts with your chalk on a surface that can get wet (\*and is outside!)

Now for the fun and healing part! Let's get rid of or magically transport these messages/feelings/words you may have drawn by using the spray bottle or bucket. Watch the image(s) disappear with the water. Imagine the water is like a magic wand - either getting rid of your uncomfortable feelings or sending them to your person. Do this as many times as you'd like! (as long as it's ok with your parent/caregiver! \*\*You can also do this activity simply with the use of a paper/pen and either rip up or crumple it up and throw away.

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

### QUESTION

How did it feel to watch your words disappear? Do you think you'd like to do this again? Journal about the experience or talk to someone about these feelings. Think about other healthy ways you could let go of uncomfortable feelings.

