



SAFE HARBOR @ HOME 2021

AGES: OLDER TEEN-ADULT

TOPIC

All About My Person

GOAL

To explore and share (if desired) characteristics and/or memories of my special person

ACTIVITY



A RAINBOW OF MEMORIES

Think of your special person and using each of the colors below, either choose an item, draw an item or think of an item of that color that reminds you of your person. You can also take out some crayons/markers and draw something in that color that reminds you of them.

Example: My person loved the sea so you could then draw a picture of a BLUE sea...

You can do this activity alone or with your family.

You can compare what your family members picked to what you picked and have a conversation about it, if desired.

1. RED
2. ORANGE
3. YELLOW
4. GREEN
5. BLUE
6. PURPLE

QUESTION

What memories or items about your person bring you comfort and what are some memories/items that are difficult to think about or see? You can take some time to write these out or you can talk about them.

