



SAFE HARBOR @ HOME 2021

AGES: OLDER TEEN-ADULT

TOPIC

KINDNESS: Allowing it in. Radiating it out.

GOAL

Use creativity to find ways to care for ourselves and others. Recognize that sharing our appreciation for others and caring for ourselves is so important & can be achieved in many ways.

ACTIVITY



A Letter of Kindness

Materials

Paper

Writing/drawing materials

Candle (optional but remember to blow it out if using!)

Music (optional)

Your open mind and heart

Part 1

Get comfortable in your space with the lights turned down, light a candle and play your music (if using). Shut your eyes (if it feels ok to do so) and take some deep breaths. While you are relaxing, think of someone special that you would like to thank or share how much you appreciate them. Is there someone who just makes you smile or is always there for you? Take some time to draw or write to them and let them know. Really take your time to share or draw out your feelings for this special person to bring them some joy.

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 materials, draw or write a special note to yourself like you would your 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

What could you do for yourself and/or others in this coming week, month etc...? Start with baby steps on working to make it happen.

