



## SAFE HARBOR @ HOME 2021

**AGES: 7-13**

### TOPIC

KINDNESS: Being kind to ourselves and others

### GOAL

Use creativity to show others and ourselves how we feel. Recognize that caring for others and for ourselves is so important.



## ACTIVITY

### Materials

Paper  
Writing/drawing materials  
Your open mind and heart  
Music (optional)

### Part 1

Get comfortable in your space with the lights turned down and your music on (if using). Shut your eyes (if it feels ok to do so) 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 or is always there for you? It doesn't have to be a family member or a good friend...it could be a teacher, a family friend, a neighbor, etc..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 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 how you feel? How did it feel to be kind to yourself? Did you find it difficult? Do you think you could continue to share your feelings and be kind to yourself? Write out your thoughts on paper or in a journal.

