



Wash Away Worries

RE at Home (Anxiety)

This activity allows children to express their worries in the presence and safety of a caring adult and then have a moment to "wash them away".

Time: 10-30 minutes

Materials

1. Chalk
2. Bucket with sponges, or a garden hose.
3. Patio, driveway or footpath.

How To

1. Offer this activity if your child comes to you with concerns or worries.
2. Tell your child that you'll take some time to draw (or write) your worries out together outside. Do this activity with your child so they don't feel singled out. Tell them that at the end they will have the opportunity to explain their drawing or words, but that they don't have to if they don't want to.
3. At the end of the drawing time, ask your child to explain his or her worry if he would like. Model this by sharing some of your worries.
4. Together, fill a bucket with water or get out the hose.
5. Wash away your chalk drawings with the sponges or hose.
6. Conclude with a prayer: "Dear God, we give you our worries and fears. Take them away. Help us to have peace and calm in our hearts. Amen."

This activity can also be done with chalkboards, whiteboards or with a pencil and rubber. Words can also be written down and painted over.