



LETTING GO - PLATE SMASH

Grades 6-8



Objective

OCD is when you have Excessive thoughts that lead to repetitive behaviors. Writing all of your thoughts and memories that are holding you back on a plate and smashing it is a great way of letting go.



Supplies



- ***PLATE***
- ***BLACK SHARPIE***
- ***AND A PLACE TO SMASH YOUR PLATE***



TITLE YOUR PLATE

On the center of your plate, get a sharpie and write “letting go” in the middle of your plate.



Step 1

WHAT SHOULD I WRITE ON MY PLATE? ✨ ✨ ✨

After you have titled your plate, write any thoughts or bad memories that are stressing you out on the plate.

Step 2

WHAT SHOULD YOU DO AFTER?



After you are done writing on the plate, go out on a field and throw your plate in a safe space. While you are throwing your plate, think of how all those thoughts and memories are leaving you and how you are letting go of them.



Step 3



take care
of your mind

What should you gain from this?

The goal of this activity is based on letting go. In simple terms, OCD is when unreasonable thoughts or fears are controlling you, leading to uncontrollable actions. This activity helps with letting go of those thoughts. It helps to clear out your mind and takes out stress and negative energy.

Examples of some “letting go plates”

