



### Fizzy Forgiveness

- ◇ Equipment: Clear jug, jar or large bowl, water, Vitamin C tablets (or a spoon of sugar)
- ◇ Set up: Fill your jug, jar or large bowl with water.
- ◇ Instructions: Sometimes we feel hurt by the things other people say or do to us.

Holding onto those hurts can make us feel sad, or angry.

Forgiveness is about letting go.

Take a piece of tablet (or spoon of sugar) and think about your hurt feelings. When you feel ready, drop it into the water.

As it dissolves imagine forgiving the person who has upset you and the hurt disappearing