

# SAUCER PLATES: LETTING GO



## PURPOSE:

### Why?

The Saucer Plates: Letting Go activity is a stress-relief activity where students write down their stressors on saucer plates and then smash them to symbolically release their worries. This therapeutic exercise encourages emotional release and helps students feel empowered as they let go of their worries in a safe and supportive environment.

## HOW TO:

### Materials & Budget

- Saucer Plates (\$30-50 depending on how many you are buying)
- Safety Goggles (\$15 or free if you can borrow from science department at school)
- Plastic Garbage Bags (\$10 or free if you can use school materials)
- Sharpies (\$10 or free if you can use school materials)
- Hammer (\$20 or borrow)

### Instructions

- Give each student a saucer plate and a sharpie marker.
- Instruct students to write down things that are causing them stress or worry on their plates. Here are some suggestions:
  - Things you fear/cause you anxiety
  - Things that cause you to stress/worry
  - Things causing you to feel guilt and/or anger
  - Things you have NO control over
  - Things that are holding you back
- Find an open area outside to smash your saucer plates and place the plates in garbage bags.
- Students must wear safety goggles for protection.
- One at a time, students throw their plates on the ground or use a hammer.
- Afterward, encourage students to share their feelings and reflections on the experience in a group discussion or journaling session.

