

Regret Activity (for a group)

Leaving behind the things we regret

Purpose

This activity gives pupils the opportunity to think about things that they regret about their time at the school they are leaving. These may be things that they did or said to others, falling out with friends, or opportunities that they didn't take. This year there may be things that didn't happen because of Coronavirus; this is the moment to acknowledge the sense of loss that some pupils may feel about this.



Be aware that pupils are not being asked to forgive people who have abused or harmed them.

Note - Pupils could raise concerns that are of a safeguarding nature. If this happens the school's safeguarding procedure must be followed.

There are two options for this activity, this one done as a group sharing resources and one that can be done individually.

Equipment

Each pupil will need access to:

- A bucket of dirty stones
- A bucket of clean water
- A large cross (church schools) or a large dish (this may be more suitable for community schools)
- A towel for drying their hands
- The adult leading the activity will need the script. There are versions for year 2 and year 6 below.

Set Up

This activity should be led by an adult.

It works best outside.

Sit the pupils in a semi-circle on a rug or bench.

Put the bucket of stones and the bucket of water next to each other on the grass or a plastic sheet at the front.

Put the cross or dish a little way from the buckets.

Encourage any other adults present to join in with the activity, it makes it more meaningful for the pupils.

Group leader instructions Regret Year 2 version

We suggest that the children sit in a circle on a rug. Put the bucket of stones and bucket of water on the grass or tarpaulin.

This is a time for you to think about the things that you wish had gone differently while you were at this school. To bring those feelings of regret to God and leave them with Him.

Think back over your time at this school.

- Is there anything that you are sorry that you **did** to someone at school?
- Is there something that you are sorry you **said** to someone at school?
- Is there a time when you could have helped someone or said something kind, but you didn't?
- Is there something that you wish you had joined in with at school?

Take one of the dirty stones out of the bucket. Hold the stone, look at the dirt on it and think about what you regret or are sorry for.

Send 2 at a time to take a stone. Then send 2 at a time to wash the stones.

When it is your turn wash the stone in the bucket of water so that the dirt has gone. Now gently lay the stone by the cross (or dish) as you give that regret to God.

Dry your hands and sit down quietly for a moment until it is time for your group to move on.

Group leader instructions Regret *Year 6 version*

We suggest that the children sit in a circle on a rug. Put the bucket of stones and bucket of water on the grass or tarpaulin.

This is a time for you to think about the things that you wish had gone differently while you were at this school. To bring those feelings of regret to God and leave them with Him.

Think back over your time at your primary school.

- Is there anything that you are sorry that you **did** to someone at school?
- Is there something that you are sorry you **said** to someone at school?
- Is there someone that you have fallen out with?
- Is there a time when you could have helped someone or said something kind, but you didn't?
- Is there anything that you wish you had tried or had a go at when you were offered the chance, but you didn't?
- Is there anything that you think "I wish I had....."? Maybe something that you missed out on because of the Coronavirus, an opportunity you didn't take, or something that you wish you had done differently.

Take one of the dirty stones out of the bucket. Hold the stone, look at the dirt on it and think about what you regret or are sorry for.

Send 2 at a time to take a stone. Then send 2 at a time to wash the stones.

When it is your turn wash the stone in the bucket of water so that the dirt has gone. Now gently lay the stone by the cross (or on the dish) as you give that regret to God.

Dry your hands and sit down quietly for a moment until it is time to move on.