

Regret Activity (for pupils to do individually)

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 can be done individually so that pupils do not have to share resources. The other is a group activity and pupils will share resources.

Equipment

Each pupil will need:

- Half a soluble vitamin tablet www.lloydspharmacy.com/en/high-strength-effervescent-vitamin-c-1000mg-20-effervescent-tablets
- A tall clear glass or jug filled with water

Set Up

This activity should be led by an adult.

Each pupil needs to have their container of water and vitamin tablet in front of them while the adult reads the instructions.

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

You will need to wash the containers and replace the water between groups.

Group leader instructions Regret *Year 2 version*

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?

- Think about these things, you may want to talk to God about them.

- Then take your piece of vitamin tablet and drop it into the clear water.

- Watch as it fizzes and dissolves.

- As you see the tablet get smaller imagine that these are the things you regret getting smaller as God helps to take them away.

Group leader instructions Regret Year 6 version

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.

- Think about these things, you may want to talk to God about them.

- Then take your piece of vitamin tablet and drop it into the clear water.

- Watch as it fizzes and dissolves.

- As you see the tablet get smaller imagine that these are the things you regret getting smaller as God helps to take them away.