



Fizzy forgiveness



Equipment

- Clear jug, jar or large bowl, water, Vitamin C tablets



Set up

- Fill up your jug 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 and think about your hurt feelings. When you feel ready, drop it into the water. Watch as it dissolves and imagine the hurt disappearing.
- You may want to pray as you do this, asking God to help you forgive.