

# Release the Sailboat

*This activity provides an additional way for a child to visually and metaphorically release feelings/situations/things that have caused stress, worry or sad feelings.*

## Materials:

- *Two pieces of paper*
- *Writing materials*
- *Scissors*

## Complete the Activity:

**Step 1:** Create an origami paper sail boat

(There are many videos on Youtube that provide step-by-step instructions)

**Step 2:** Once the sail boat has been completed, write the words “Sail Away” on the front of the boat.



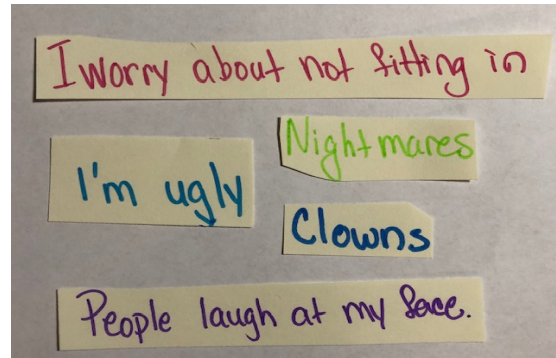
**Step 3:** Cut a piece of paper into small square pieces.

**Step 4:** Have your client draw small pictures or write words on the squares. The pictures/words should describe things that cause them to feel anxious, stressed or depressed (can be a combination of all three emotions as well) on the squares.

# Release the Sailboat



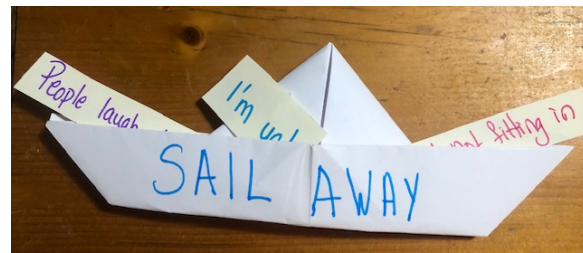
or



**Step 5:** Explain to the client that they have “placed their feeling in the boat” and now it is time to let them all “Sail Away” – Discuss the importance of letting negative thoughts, feelings and actions go away from us.



or



## **End of Activity options:**

- 1.) Pretend play can be incorporated by physically sailing the boat away to a secret place.
- 2.) The client can be allowed to take the boat home and continue to place new pictures in it throughout the week. Then the client will return the boat for discussion at their next scheduled session.
- 3.) The client can “redo” the activity with their parents.



# Release the Sailboat

*Quick clinical tags to add to your notes:*

- Learning ways to reframe negative thoughts and feelings; replace with positive ones.
- Teaching healthy coping skills so that the client releases stressful thoughts and feelings.
- Letting go!