



Game: Pass the parcel

Play “pass the parcel” with a representation of our basic goodness, such as a little Buddha, or a precious gem, wrapped in layers and layers of paper.

Each time the music stops, one child unwraps a layer, and writes or draws on the paper, what covers our basic goodness, such as anger, fear, worry, jealousy, etc.

Once all the layers have come off, take time to read over all that has been written on them and/ or look at all the drawings. Reflect on our basic goodness, represented in the middle of the parcel, untouched by any of our thoughts or feelings.