

Kooth Activity Sheet



ENERGY LEVEL:
Grounding



NO. OF PEOPLE:
1+



ESTIMATED TIME:
45mins

Pot of broken pieces

ACTIVITY OBJECTIVE:

To help young people understand how to embrace imperfections by practicing the Japanese art of Kintsugi (the breakage and piecing back together of pots to create a piece of art).

INSTRUCTIONS:

1. Make sure everyone in the room is wearing proper safety equipment. (Goggles, gloves, shoes, clothing that protects arms and legs.)
2. Ask each young person to carefully break an item of crockery. This can be done using a hammer or by throwing on a protected surface.
3. Apply the epoxy putty to the sides of the broken pieces to put the crockery back together.
4. Get creative by using gold or metallic markers to carefully trace along the putty, highlighting the cracks and repaired areas.

Young people can use different colours, patterns, and decorative materials like markers, paints, glitter, or small gems, to enhance their artwork.

5. Let it dry and conclude with discussion questions: How did it feel to put the pieces back together? Are there times you've felt you needed to put yourself back together? How can our past brokenness help us be stronger today?



Get free, confidential mental health support at go.kooth.com/6w7x

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.