



## The Love Yourself Project Detox Negativity

### **Objective:**

This guided project is designed to evoke its participants to reflect and discuss the concept of self-love. In addition to the discussion, participants will detox themselves of negative thoughts by dissolving these thoughts in water (burial and/or fire). With this small act, the LYP seeks to create a new paradigm around positive and negative thoughts.

**Time:** 30-60 minutes. This can be adjusted based on needs

### **Facilitators:**

Will provide 1-3 LYP members for classroom setting

Will provide up to 5 LYP members for larger events

### **Materials Included:**

- Special Paper / Paper Burial Ceremony
- Markers
- Bowl / Water
- One LYP Sticker per participant

### **Process:**

1. Participants are introduced to LYP members who will be facilitating this activity.
2. Facilitators will lead a discussion forum (classroom setting) and/or talk with individuals (in festival/ large event setting). Questions are meant to invite participants to engage and consider the task at hand. Questions may include:

- How often do you stop to think about loving yourself or hating yourself?
- How much time do you spend reflecting on your self-worth?
- What does it mean to love and/or show love?
- Have you ever thought about the reasons why you love yourself?
- How do you take care of yourself in a way that reflects this love?

**NOTE:** Questions are asked in an age appropriate manner depending on the participants.

In this dynamic, you may find it helpful to write some of these responses on a board; writing out the answers may assist visual learners in processing the discussion points. The facilitator's role is to stimulate the conversation and to make the participants feel comfortable. No answer is wrong nor dismissed.

3. Participants are given a sheet of paper and pen. Facilitators will ask participants to decide upon **one** thing that they hate about themselves. Facilitators will guide their answers by giving examples (*I'm not lovable, I'm feel stupid, I'm not good enough*). Participants will then be instructed to write their statement.
4. Facilitators will guide participants to burial ground or altar. Facilitator will make sure and question the participant on how much do they really want to get rid of that nasty thing they say about themselves. Participants will bury or place paper in a bowl of water; then on the count of 3 shout: "Be Gone." the louder you shout the further the negative thought will go!
5. This project will follow-up with a brief discussion and can be combined with the Origami Heart activity, where participants will create a positive message and share these hearts with others.