



SAFE HARBOR @ HOME 2021

AGES: 7-13

TOPIC

Anger After Loss

GOAL

Create a container for strong feelings so that we do not have to hold onto them.

ACTIVITY

Family Talking Drum

Materials:

Large plastic container with wide opening
(eg. coffee container, plastic bowl, large pretzel container etc)
Wooden spoons
Packing tape, Scissors
paper/pen/sharpiers

Part 1: Build the drum:

- Adults, use the scissors to cut a 1 inch by .5 inch hole in the side of the container (anywhere)
- Together, cover the entire top opening with 2 layers of packing tape, in various directions
- Decorate your new drum head with sharpies- draw images that are "mad" or "angry" eg. dark storm cloud

Part 2: Make your drum talk for you:

- On any piece of paper you like, draw or write down something that has made you angry since your person died
- Fold it up and put it in the drum
- Use the wooden spoons to bang on that drum while you think about putting all your anger into the drum

QUESTION

What are some other safe ways to "get your anger out" and/or to "calm your insides" when you are upset?

