

## Scream Box

**Purpose:** To allow for the expression of big emotions in a safe way.

**Activity Setup Ideas:** Talk to children about what feelings make them want to scream. It can be things at home, at school, with friends. Introduce the idea that sometimes children have many feelings after a death that make them want to scream—like being angry that their person died so soon, or sad that they won't ever see them again. Or maybe they feel confused or resentful, or guilty or remorseful about the way that their person died. These can be big situations that bring on big and oftentimes confusing emotions. You can ask the child to share if there is something that made them want to scream about the death.

### Materials:



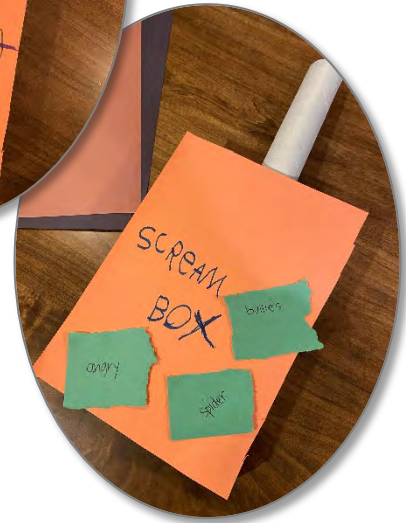
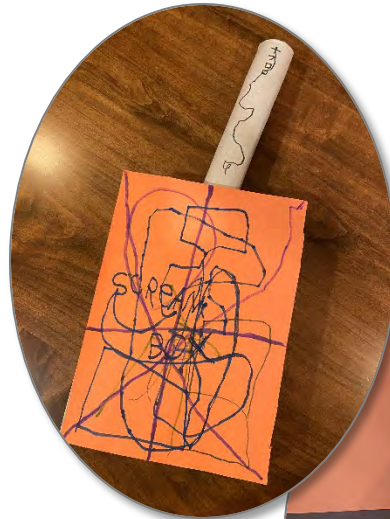
- ♦ Cereal box (or any type of box)
- ♦ Cardboard tube (toilet paper tube or paper towel roll)
- ♦ Tape or glue
- ♦ Construction paper and markers to decorate the box
- ♦ Scissors
- ♦ Scrap paper (like newspaper or junk mail)
- ♦ Small pieces of paper

### Instructions:

- ♦ Crumble newspaper or junk mail and stuff in the box until full.
- ♦ Close the box and secure with tape.
- ♦ On the skinny side of the box, cut a circle the same size as the cardboard tube.



- ♦ Insert the tube (you can secure it with tape if necessary).
- ♦ Use construction paper, markers, etc. to decorate with.



**Activity:** Try out your scream box.

- ♦ Write on the box things that bring on strong emotions, or write down the feelings on small pieces of paper and put them in or on the box.
- ♦ Scream or yell as loud as you can in the box. Use your scream box at home when you're feeling those big feelings.
- ♦ The screams will be muffled and you can scream and yell into your box instead of doing something that might get you into trouble!

**Adaptations:** Use any type of box or enclosed object you may have. If that is difficult to find, you can get creative with putting those feelings in a pillowcase and screaming into it. Any object that muffles sound will do just as well.

