

RAINBOW DAYS ACTIVITY DESCRIPTION

KC & YC – SESSION 4

**Please note this is the same activity for both KC & YC. Adaptation for KC might include them making a list or drawing pictures of how to handle anger.*

EXPRESSING MYSELF LETTER

Ages: E, F

Materials: Blank paper, pens or pencils, trash can

1. Distribute the blank paper and pens or pencils.
2. Ask participants to think of a time and a person with whom they became angry with or were hurt by.
3. Ask participants to write a letter to this person expressing all their angry or hurt feelings.
4. Ask all participants to read the letter to themselves. They may want to read the letter out loud to the group, but this is voluntary.
5. Place a trash can in a central location.
6. Ask them to tear the letter into pieces or wad it up tightly in a ball and throw it away in the trash can.

To Process:

- Ask the participants to share how they felt writing the letter and tearing or wadding it up.
- What did you like best about this activity?
- Is this an activity you might do in the future to deal with your feelings? Why or why not?
- It is not a good idea to leave the letter where it can be found or to give it to the person with whom you are angry. This is just one way you can express your anger and not hurt anyone.