
Craft one: “Flipside of Anger Mask”

You will need:

- Paper plates
- Popsicle sticks
- Markers or crayons
- Scissors
- Markers, crayons, etc.
- Other decorations (jewels, stickers, etc.)

Procedure:

1. Decorate one side of the plate to be “angry”, using googly eyes or drawn eyes, expressive features, and a sunset to recall the verse.
2. On the opposite side of the plate, draw a cheerful, “kind face” feature, with reflection on the importance of being tenderhearted. Exaggerate the mouth to remember speaking uplifting words.
3. Attach additional verses or captions as desired.
4. Tape or glue a popsicle stick to the plate, to hold it up as a double-sided mask.



Craft Two: “Anger Relief Ball”

You will need:

- Socks
- Cotton or stuffing
- Stickers/decorations
- Markers/crayons (fabric markers advised)
- Rubber bands and/or pipe cleaners
- Glue
- Scissors
- Captions/verses



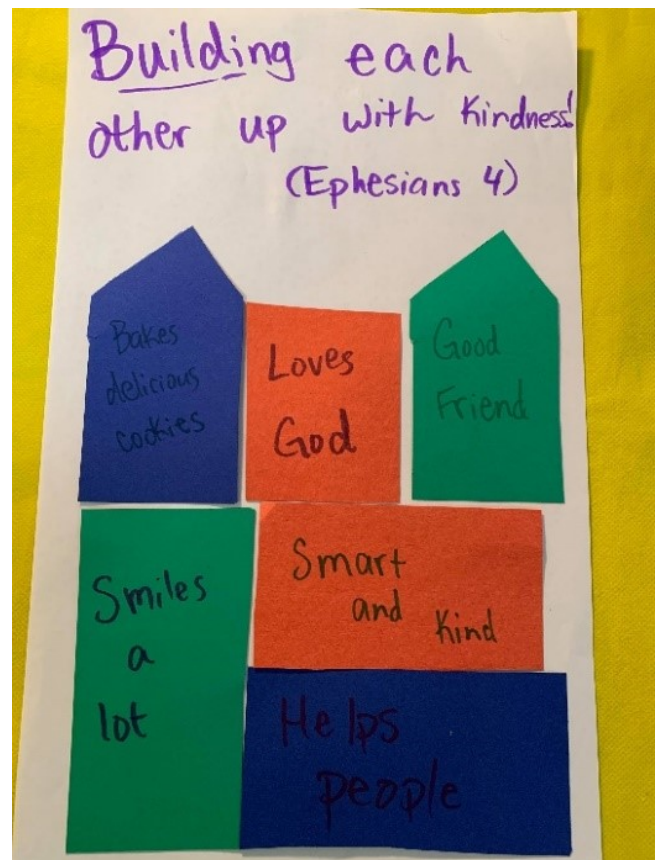
Procedure:

1. Decorate the outside of the sock(s) using words, stickers, small jewels, or other items.
2. Use cotton or stuffing to fill or almost fill the sock.
3. Secure the open end with a rubber band, and/or a decorative pipe cleaner or string.
4. Attach a verse or caption, if desired.
5. Use the sock as a stress reliever...squeeze it, smack it, or throw it!

Craft Three: “Collaborative Construction Puzzle”

You will need:

- Paper Plates
- Small jewels or glitter (optional)
- Stickers/decorations
- Markers/crayons
- Glue or tape
- Construction paper/cardstock
- Scissors
- Captions/verses



Procedure:

1. Provide students with a collection of papers cut into varied shapes. Have each child write their name or initials on the backside of every shape.
2. Distribute the shapes among the other students, making sure they have the shapes of their peers (ideally, have each student receive one shape from everyone else in the room. Group sizes might make this challenging).
3. Instruct the students to take some time to write positive statements on the papers for their friends, making sure the piles will return with phrases that will build up.
4. Return the shapes to the original owner. Have them arrange and glue them onto the paper in the shape of a building, making sure that the positive compliments are facing up.
5. Add extra verses or decorations, and look to the “poster” as a positive affirmation reminder!