



# Activity: Shake It Out

## Objective

Anger can be a difficult emotion to handle, and it's one that everyone has to deal with. Sometimes we need to create a healthy outlet for that anger so it isn't building up inside of us. You can make a Shake It Out, to shake and release the anger children & teens may be carrying with them.

## Instructions

- Fill a small empty bottle half way with rice/beans/beads
- Close the bottle and wrap the whole thing up in duct tape
- Write "SHAKE IT OUT" on the outside
- Take time to shake out that anger and then try out one of these variations:
- COLLECTIVE SHAKE: Take turns tossing shakers to one another in the group. Have fun as you support one another in shaking out that anger.
- RHYTHMIC SHAKE: Ask participants to pick a favorite song and shake along to the beat. Or use the shakers to create a rhythmic beat together.



## Supplies

- Empty bottle
- Rice/beans/beads
- Duct Tape (preferably red)
- Permanent marker

## Additional Ideas

Decorate your Shake It Out! Give youth a creative outlet for their emotions by allowing them to draw on the outside of the bottle and make it their own.