

Torn to Pieces

Goal

Anger is a feeling that often comes with the grieving process. Finding ways to let the anger out in 'pieces' can help prevent it from building up and bursting out in unhealthy ways. Processing this anger can help us to make sense of the connection between our anger, physical symptoms, and grief experience.

What happens when you feel angry? Anger is a feeling that can bring about not only emotional, but also physical reactions. Experiencing this anger is normal, but when we are feeling that way it can be hard to know how to manage it. Anger can build up inside of us until it bursts out; sometimes in an argument with a family member, or friend, or sometimes in a physical way like throwing a toy. Finding healthy ways to get that physical energy out when we are angry can help ensure we don't hurt ourselves or others when expressing our anger, and can instead express it in a way that helps us to feel less angry. One healthy way we can let out some physical energy is to use our muscles, arms, and hands to tear up bunches of paper into pieces! Use this "Torn to Pieces" activity as a family to help you tear your own anger to pieces.



Instructions

- Get an old phone book, magazine, newspaper, junk mail, or any paper that you have. The more paper you have, the more tearing you can do!
- Before tearing, take time individually to think about the thoughts and events that have been making you feel angry this week, or recently.
- Use a writing utensil to write down what has been causing you anger onto different sheets of paper. As a family, you can also choose instead to just think or say what is angering you, as you tear the paper.
- Expel the physical and mental energy that has built up from your anger by tearing up all of the paper into as many pieces as you can!
- After every family member has torn their anger to pieces, take the time to talk about how it felt to do the activity. Process and normalize differing experiences that come up, and emphasize the importance of getting anger out before it builds up too much inside.

Supplies Needed

Paper

Writing utensil

Time Needed

Approximately 20
minutes

