



Activity: Shake It Out

- **Author** - Custom Resource by the Eluna Team

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.

Supplies:

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



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.

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.

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