

Angry Sponge

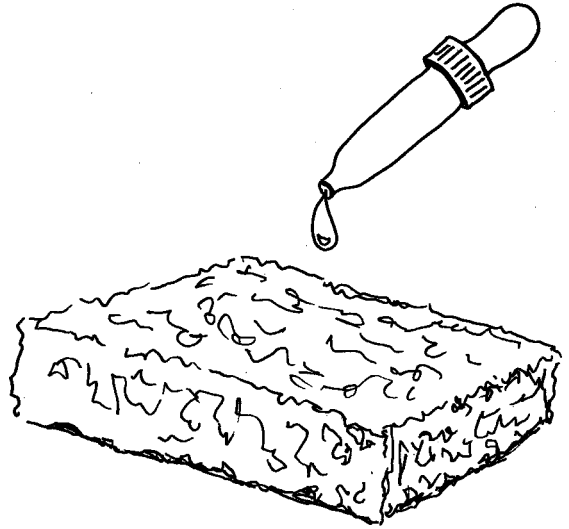
Ages 5-9

Activity Objective:

This activity illustrates the effect of stored-up anger and encourages group members to let anger out in a safe manner.

Instructions:

- Group leader uses a dry sponge and an eyedropper of water to illustrate the concept of keeping our anger inside and letting it accumulate until we are saturated with anger.
- Each participant receives an eyedropper and a dry sponge. With each drop they need to say something they are angry about that they have stored or kept inside.
- The sponge is then wrung out to illustrate getting all the anger out, but in a way that no one or anything is hurt by.
- Have a discussion about the importance of expressing anger in a safe way and how it feels once the anger is gone.



Materials Needed:

- Dry sponges
- Eyedroppers
- Water
- Containers