

## Scream Box Activity Instructions

*A scream box is a fun and effective way to vent intense emotions that tend to build up inside us like stress, fear, anger and sadness. Physical activity, talking, breathing and practicing mindfulness are all great ways to channel our emotions and sometimes we also just need to scream. When done correctly, yelling or screaming can be an effective way to release built up emotions. The scream box is a way to vent these emotions in a safe space into a container personalized by you.*

### Materials:

Empty box (cereal, shoe, packaging, etc.)  
Cardboard tube (from inside a roll of paper towels or toilet paper)  
Recycled paper (newspaper, mail ads, packing paper, etc.)  
Duct tape or packing tape  
Construction paper, magazine clippings, or wrapping paper to cover the box  
Glue stick  
Items to decorate your box (markers, stickers, paint, etc.)  
Scissors

### Instructions:

1. Gather your materials and find a clear workspace.
2. Pack the box and cardboard tube full of recycled paper. This helps muffle any noise that comes through the box.
3. Cut a hole in one end of the box just large enough for the cardboard tube to fit into.
4. Insert the cardboard tube into the hole and tape down the area where the tube meets the box.
5. Decorate your box however you would like.

Practice using the box by screaming into the cardboard tube. Any time you feel angry, frustrated or stressed and other relaxation techniques are not working, take out your scream box and yell into the cardboard tube. The scream box does not entirely block the sound but it will muffle the noise and help you vent your emotions in a different way.