

ACTIVITY WRITE-UP 2

Hannah Beck

Name of Activity: Anger Paper Toss

Type of modality	Anger Management
Type of play	Shared cooperative
Interaction pattern	Intra-individual
# of participants required	1-4
Equipment/supplies	Paper, pen, trashcan
Facilities required/environment	Open space to throw
Precautions	Be aware of participants becoming extremely frustrated or overwhelmed while writing/sharing feelings

Directions

1. All participants sit in a circle, with a trashcan in the middle
2. Instructor hands out a piece of paper and pencil to everyone
3. Participants have to think about what made them angry this week
4. Write down angry thought on paper
5. Everyone goes around the circle and says what made them angry
6. Talk about why it made you angry
7. Ask yourself and discuss what you would like to be different next time this issue comes up
8. Once everyone shares his or her angry thought, crumple up the paper into a ball
9. Each person takes turn throwing his or her paper ball into
10. Should feel relieved as if “throwing your anger away”

Activity Analysis

Category	Skills
Primary body position	Balance: dynamic sitting and static sitting
Part of the body required	Abdominal control, arms, hand and wrist function.
Movement	radial digital grasp or palmer grasp, crossing midline, throwing, carrying in the hands, picking up, releasing
Physical	UE AROM, fine and gross motor coordination, visual motor integration

Cognitive	Reception to spoken language, reception to written language, expression of spoken/written language, insight, concrete thinking, sustaining attention, spelling
Social	Hetero/homogeneity, interpersonal interactions, maintaining social space, conversation, forming relationships, showing respect and warmth, self expression, showing tolerance
Perception	Visual,tactile and auditory perception functioning
Communication/language	Reception to spoken language, reception of written language, express spoken language, express writing language
Self-care	N/A
Psychological/emotional (possible)	Anger, frustration, joy, fear, emotional pain

How to Simplify the Activity: throw paper ball on the ground, instead of aiming into a trashcan

How to Make the Activity More Complex: talk about more than one angry thought, go into more detail about what happened in the situation that made you angry

Other Comments