

FLARE-OUT FURY DRAGON



Feeling **ANGRY**, cranky, **IRRITATED**, or *rageful*?

Have you been hot tempered, short-fused and ready to spit fire?

There is often plenty that is unfair, difficult, frustrating and maddening after the death of someone important. These feelings are normal and are healthy to express when given an appropriate outlet.

Let your fury flare-out by yelling or screaming into the dragon when angry. It's filled so no sound comes out, but on the flames are written the words you want to shout!

WHAT YOU WILL NEED:

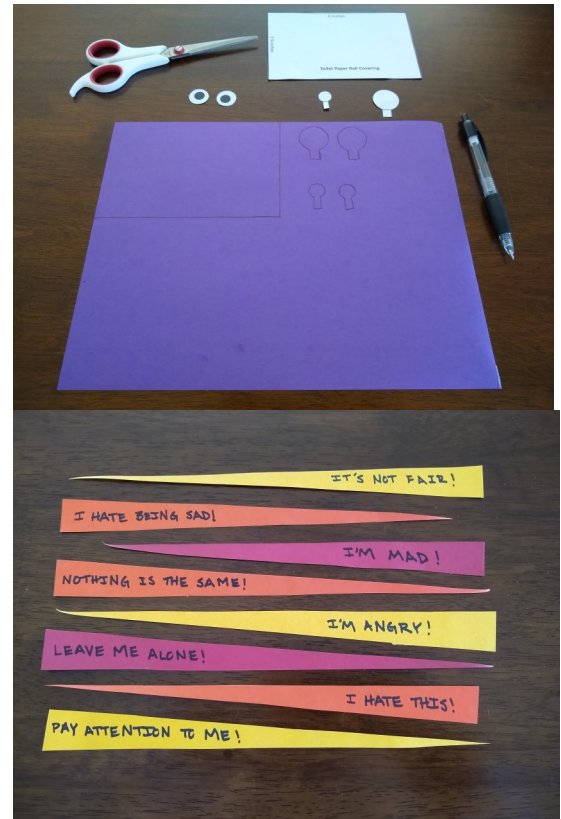
- Toilet paper roll
- Scissors
- Glue stick and/or tape
- 3-4 tissues or a 1-2 paper towels or napkins
- Black marker
- Access to a printer
- Printer paper
- Construction paper or crayons, colored pencils or markers

Brought to you by the Safe Crossings Program

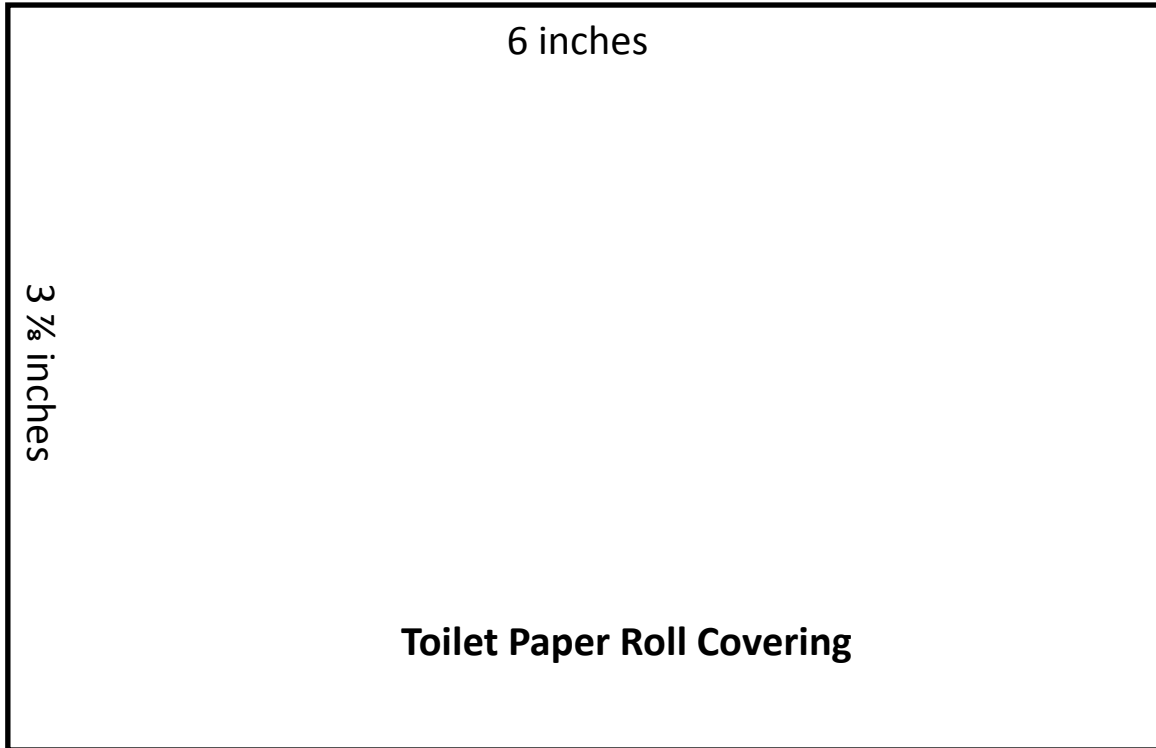
INSTRUCTIONS:

1. Print out the template of the head and the flames on the following pages.
2. Cut out the template pieces for the dragon's head: toilet paper roll covering, nostril, eyelid and eyeballs.
3. Trace all the template pieces except the eyeballs, onto either construction paper or colored blank paper. Trace two eyelids and two nostrils. Cut out.
4. Color the flames or cut out a triangle flame and trace multiple flames on colored paper.
5. Write on the flames what you would like to shout including what makes you mad, what frustrates you, what is challenging, or what you don't like about right now. Hint- Begin some of the phrases on the wide side of the flame and some near the narrow side of the flame so they can be easily read when attached along the circular mouth.
4. Cut out flames.
5. Using a glue stick or tape, wrap the rectangle piece on the toilet paper roll.
6. Color holes for nostrils on the nostril pieces. Fold back the rectangle tab, and glue or tape the tab down onto the end of the toilet paper roll, so the nostrils are standing up.
7. Glue the eyeballs onto the eyelids. Fold back rectangle tabs on eyelids at the other end of the roll, glue or tape the tabs down so that the eyes are standing up.
8. Glue or tape the wide end of the flames around the edge of the dragon's mouth.
9. Stuff the toilet paper roll with 3 to 4 tissues or 1 or 2 napkins or paper towels.

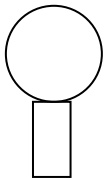
Let your fury flare-out by yelling into your dragon!



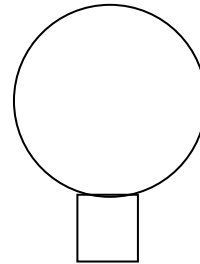
FLARE-OUT FURY DRAGON TEMPLATE- HEAD



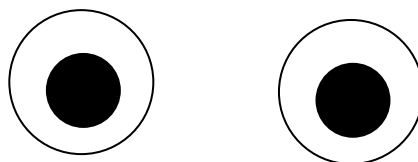
Nostril



Eyelid



Eyeballs



FLARE-OUT FURY DRAGON TEMPLATE- FLAMES

