

Throwing off the fear



- *Encourage children to find the part in their body where they feel the fear. It may be the abdomen, upper torso, etc.*
- *Then ask children to pull out the fear and make a large ball with it. What colour is their ball (grey, black, brown etc.)*
- *Then throw that ball as hard as they can away from them, while making a grunting sound. Ensure they do not throw this at anyone else.*
- *Once they have done this they need to shake away the fear and step backwards away from it.*
- *Repeat this 3-5 times until children are feeling stronger.*