

CLAY THERAPY FOR ANGER

- 1. Sit quietly with a ball of clay in your hands:** Close your eyes and squash the clay in your hands. Feel the shape of it change with the pressure you put on it.
- 2. Shape the clay into a creature that represents anger to you:** Spend some time adding as many details as you can to ensure this creature really encapsulates the intense feelings of anger.
- 3. Talk to your creature:** This can be out loud or just in your mind. Ask your creature these questions:
 - a. What are you trying to protect?
 - b. What are you afraid of?



- 4. Create the object or thing that the creature is protecting and give it to your creature. :**
- 5. Reflect upon your creature creation and ask yourself these questions:**
 - a. What did it feel like to work with the clay?
 - b. What did you like or not like about it?
 - c. What do you think of when you look at the two clay objects you created?
 - d. What does your artwork tell you about your anger?