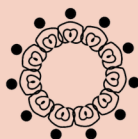


Fist Squeeze



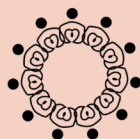
+ Crumple



Fist Squeeze + Crumple

What You'll Need!

- Paper for writing or drawing
- Pens, pencils, or markers
- A recycling bin for discarding the crumpled paper



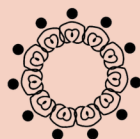
Fist Squeeze + Crumple

Sometimes, we hold onto feelings - especially frustration or anger - without even realizing it. This activity helps you express, release, and let go in a mindful AND physical way.

Let It Out & Let It Go

Step 1: Write or draw about something that's been making you feel angry or frustrated. Use as much detail as you like.

Step 2: When you're finished, crumple up the paper in your hand. Feel the tension as you squeeze it tight.

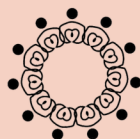


Fist Squeeze + Crumple

Step 3: Slowly squeeze and release the crumpled paper five times. Notice how your hand feels as you tighten and relax.

Step 4: When you're ready, let it go. Toss the paper into the recycling bin as a symbol of releasing the feeling.

You don't have to hold onto every emotion - sometimes, letting go is the best relief.



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

