

Khululeka

grief support for children and youth

Songs and activities to deal with feelings

Have the children hold up one hand and show them that by holding certain fingers and breathing they can soothe their feelings:

Sing the following song with actions in English and then if they want, or can, translate it they can try:

"If you're happy and you know it clap your hands,

If you're happy and you know it clap your hands,

If you're happy and you know it and you really want to show it

If you're happy and you know it clap your hands."

"If you're sad and you know it hold your thumb,

If you're sad and you know it hold your thumb,

If you are sad and you know it and you really want to soothe it,

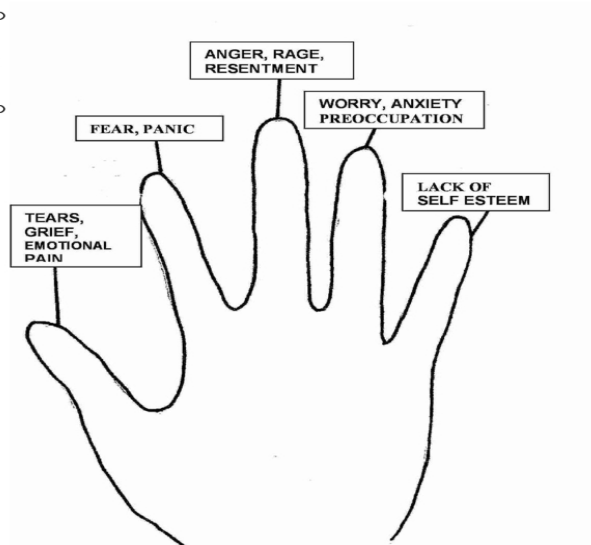
If you're sad and you know it hold your thumb."

If you are scared and you know it hold this one (the pointer finger),

If you are scared and you know it hold this one,

If you are scared and you know it and you really want to soothe it,

If you are scared and you know it hold this one."



Now go on to the middle finger for angry and repeat in the same way. Then the next finger for worried and the smallest finger for if you feel small. End with happy

More information on www.Khululeka.org

