

SCREAM &

A perfect way to get all the shouting and screaming from inside of you out into the open.

YOU WILL NEED:

An empty cereal box, any scrap paper, cardboard tube, tape & scissors

1. Screw up scraps of any paper and stuff inside the cereal box
2. Close the cereal box and cut a hole in the top for the cardboard tube.
3. Tape the tube to the hole in the cereal box.
4. Fill your lungs and SCREAM into the box through the tube!

You could even decorate the box

