

STRAW ROCKETS

MAKE & TALK CRAFT

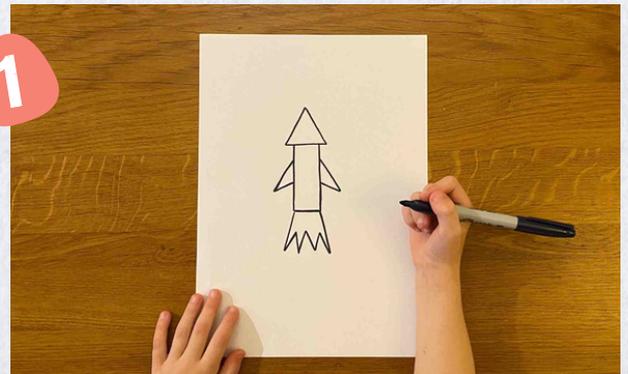
The Winston's Wish Make & Talk craft activities might be a good way for you to talk about your grief while doing something you like. You might feel more comfortable talking about emotions changing and 'ups and downs' when you're creating your rockets. What goes up must come down!



YOU WILL NEED

- A STRAW (OF ANY MATERIAL)
- COLOURED PENCILS
- PAPER
- SCISSORS
- GLUE OR TAPE

1



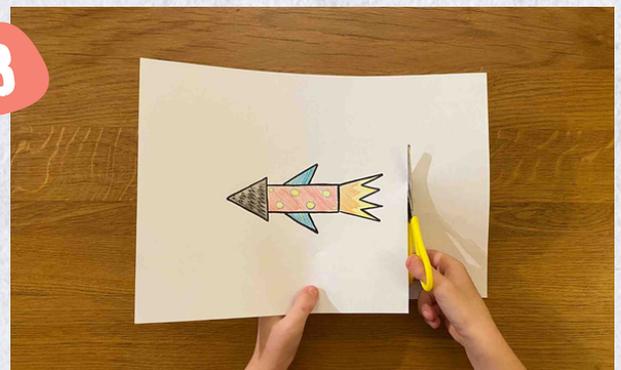
Draw a rocket shape on your piece of paper and decorate it however you like.

2

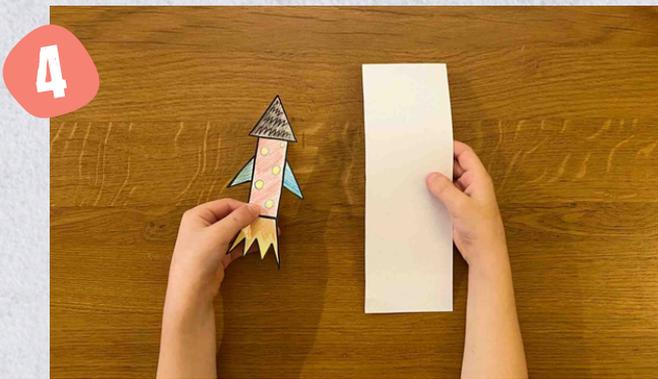


While decorating your rocket, it might be helpful to think about how you are feeling. Rockets go up and up and up, but when a rocket goes up, it must come down. How do you feel about your grief right now? Sad? Confused? Angry? Okay? That's all normal. It can be helpful to talk about how you are feeling so that other people around you can try to understand.

3

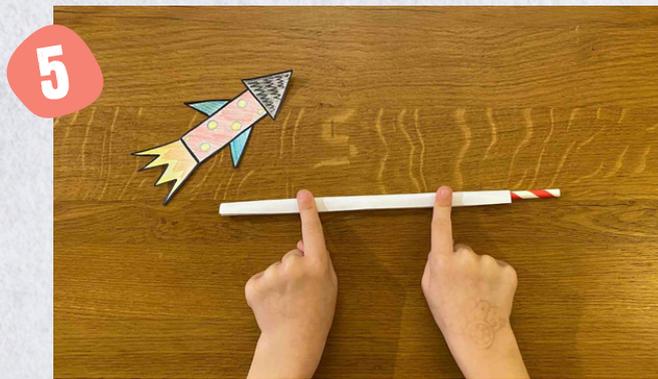


When you have finished decorating, cut a strip from the piece of paper wide enough to wrap around your straw a couple of times. (Look at step 4 to see how you will use this if you're not sure.)



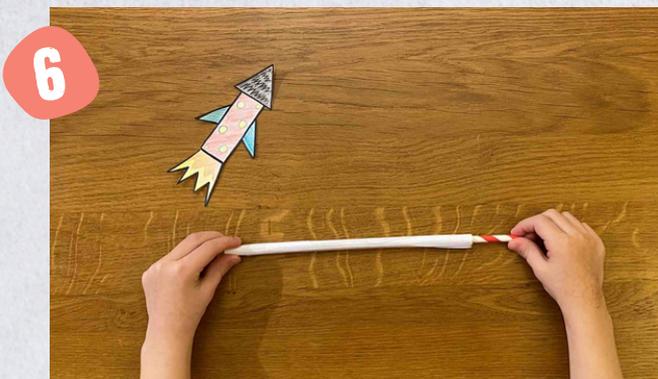
4

Cut your rocket out. Now you have a plain strip of paper and a rocket.



5

Roll the strip of paper length ways around the straw (not too tight so that the straw can slide in and out easily).



6

Fasten the rolled paper with tape, leaving the end without tape...



7

Take the end without tape and fold it down so it is flat, then tape it in place.



8

Tape the flattened end of the paper roll to the back of the rocket. Then take your straw and place it in the tube part of the rocket.



9

Blow through the straw and watch your rocket take off! If you make more than one, you could play a game to see which rocket can fly the furthest!