

# 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,

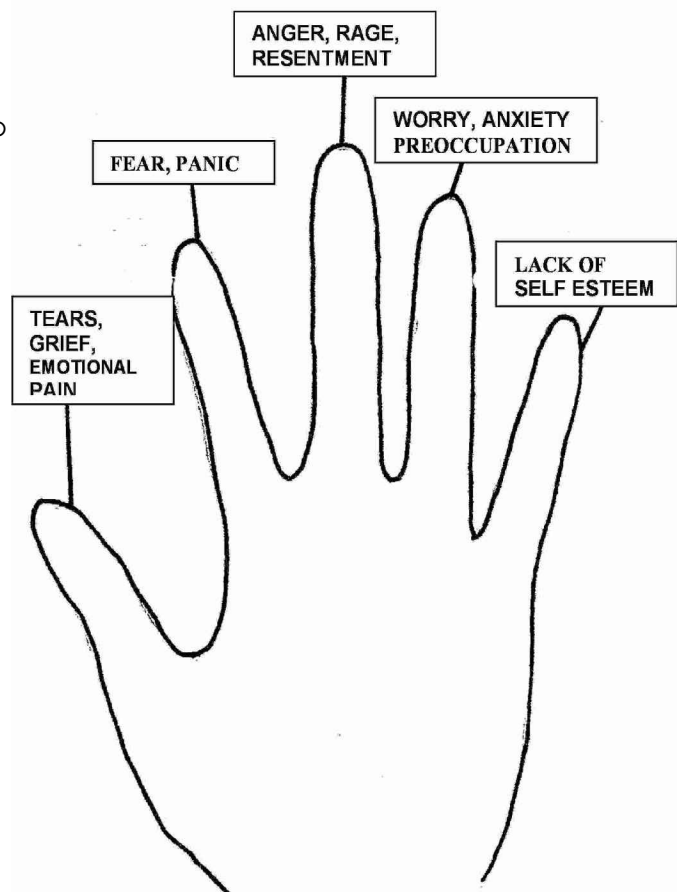
If you're sad and you know it hold your thumb."

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](http://www.Khululeka.org)



## Capacitar's song about patience

It is also called the Leadership Dance

Standing in a circle, the children are asked to do the movements to the words

Be patient, be patient

Stroking the arm in a downward movement

Slow down and be present,  
slow down and be present

Move the arms and hands in a downward motion

Open to others with humility,  
open to other with humility

With the left foot forward and with hands facing upwards making swimming movements

Open to others with humility,  
open to other with humility

With the right foot forward and with hands facing upwards making swimming movements

Fill yourself with love and compassion  
Fill yourself with love and compassion

With your right foot forward, roll your arms over in a movement towards you

Give love and compassion to others  
Give love and compassion to others

With your left foot forward, roll your arms over in a movement away from you

Celebrate our differences into all the  
four corners of the earth

Hold your arms high above your head and turning right around in a celebration

Can be used with music. CD available from the Capacitar Center, Cape Town

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