PROJECT #34

THROW A PITY PARTY

To throw a pity party, you will need:

Scrap paper — in different colors and patterns or just plain white

Markers or paint

Scissors

Tape

Glue

String

A balloon (1 for the group or 1 for each student)

An empty toilet paper roll (1 for the group or 1 for each student)



Are you feeling sad? Misunderstood? Stressed out? Left out? Freaked out?

Hmm, it sounds like you might be a human being. Being a human means that we're going to have good days and we're going to have terrible days. And feeling not okay sometimes is *totally* okay.

Also, here is one thing you should know about terrible days:

As endless and awful as they might feel, they are only moments, and moments come and go.

The question is, what to do while you're feeling blue?

Well, one good way to pass the time is to throw yourself a party! Just follow these steps for a miserably good time—and don't be too surprised if sadness leaves the party before you even cut the cake.

This project was created by Kathleen Lane, founder of OK You and author of the book, Pity Party.



Step 1 of 8

Ready to get started? Great! Let's start with your decorations. We'll share a few ideas here, but of course you can find many more on the internet. Just search "easy DIY party decorations."

1. Let's start with your party banner

Whatever word captures how you're feeling right now (miserable? freaked out? blah?), write it out and hang it proudly! You can make a tiny banner or a giant banner — it's up to you.

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Here's a mini banner how-to video that we love, created by the wonderful Mindless Crafting. You can use the same technique for making larger banners too.



Step 2 of 8

2. Make some doom & gloom confetti

On your scrap paper, write down — in BIG letters — everything that is making you feel sad, worried, or frustrated right now.

When you're finished, cut up your paper into little tiny pieces. If you want more confetti, just cut up more paper to add to your pile.

Step 3 of 8

Next, it's time to….

3. Make a confetti popper!

To make a popper, you will need:

1. All that confetti you just made
2. An empty toilet paper roll
3. A balloon

Now just follow along as our friends Elsa & Paul Rutz show you how to make your own popper.

Step 4 of 8

4. Create your pity party playlist

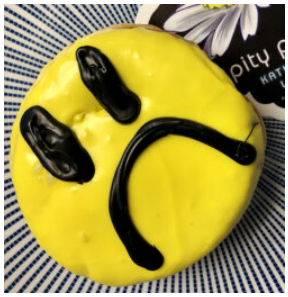
Because we are all totally unique beings, only we can know what kind of music we like to hear when we're feeling miserable. Some people like to listen to happy or peaceful music when they're sad, and other people like to listen to sad music. What about you? What kind of music do you like to listen to when you're feeling down?

Step 5 of 8

Not sure what to listen to? Here are some tunes selected by Kathleen…

1. *The Tears of a Clown* by Smokey Robinson
2. *Help I'm Alive* by Metric
3. *Only Happy When It Rains* by Garbage
4. *Everybody Hurts* by R.E.M.
5. *Dancing with Myself* by Billy Idol
6. *The Sound of Silence* by Simon & Garfunkel

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Step 6 of 8

5. Make some sad snacks

You can also make regular snacks, but we think sad snacks are pretty funny. Sad snacks can be:

1. Your own weird party mix, like a bowl of mini marshmallows, cornflakes, baby carrots, and raisins.
2. A treat you decorate to match your party theme, like our sad donut (see below)
3. Or you can turn lemons into lemonade! Have you ever heard that expression? It means making the most of a bad situation. Just squeeeeeze some lemons (also good for releasing stress!), add sugar and water, and enjoy!

Step 7 of 8

And now it’s time to party! Should you dress up? Dress down? Dress weird?

Whatever you do, remember that all sad things must come to an end.

Also, at the end of every hard time is the good feeling that you got through it and are now even stronger and wiser than before. And that is definitely something to celebrate.

Step 8 of 8

Want to share some photos of your pity party? We’d love to see them!

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