

Letting it Out!

Sometimes you might feel that your body is filled with so much anger that you need to do something to let it out. Some kids feel like they need to hit something, throw objects, or yell at someone whenever they feel angry. This usually ends up leading to consequences or somebody getting hurt. Instead of hitting someone, screaming, or slamming doors, read below to get ideas of more positive ways to let your anger out!



Punch something soft (pillow or stuffed animal)

Exercise (jumping jacks, push-ups)

Squeeze and relax different muscles in your body



Squeeze something tight (stress ball, play dough)

Scream into a pillow

Rip or crumple up a used piece of paper

Cry

Dance and sing loudly in your room

Push a wall as hard as you can

Pop bubble wrap



Play a sport that hits a ball (baseball, tennis, golf)

Jump on a trampoline

Blow bubbles

Go for a walk, run, or bike ride (with permission)

Remember that it is important to learn how to cope with your anger before it gets to the point where you want to hurt others or destroy property!

