

WHEN YOU GET ANGRY...

Tell someone

Clean your room

Pound on pots

Take slow, deep breaths

Shout outside

Walk the dog

HOWL AT THE MOON

Throw bean bags at a wall

shake body to loud music

FORGIVE WHEN IT IS TIME

Talk it out

Walk in the grass with bare feet

Stomp on the ground

Walk on the beach

Watch a funny movie

BEAT A DRUM

Write a letter

Spend some time alone

Punch a pillow

Write a mad list

PLAY A SPORT

PLAY AT THE PARK

Throw rocks in the water

Have a good cry

Run around the yard

Listen to music

Hammer nails

STRETCH

WHEN YOU GET SAD

TELL someone

Take slow, deep breaths

Have a good cry

Walk the dog

Scream outside

Walk in the grass with bare feet

shake body to music

Walk on the beach

Talk it out

PLAY AN INSTRUMENT

Watch a funny movie

Spend time with family

Write a letter

Call a friend

PLAY A SPORT

PLAY AT THE PARK

Throw rocks in the water

Listen to music

Run around the yard

WRITE A POEM

Draw a picture

Read a good book

TELL A JOKE

GET A HUG

BAKE COOKIES

Give a hug

Laugh out loud

Journal