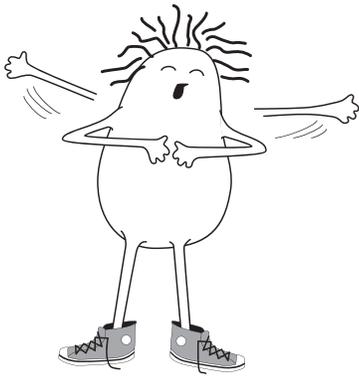
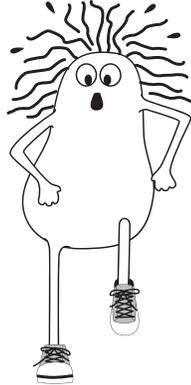


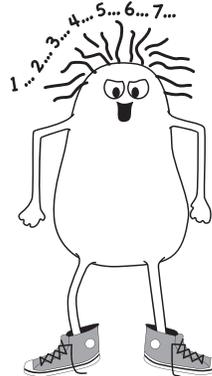
12 POSITIVE WAYS
to Handle Anger and Stress



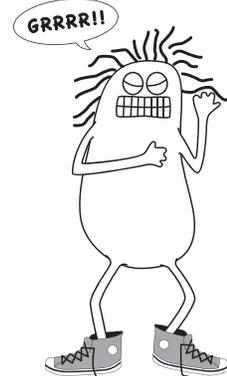
Breathe deeply



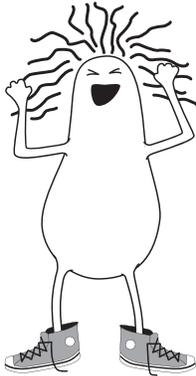
Run



Count to 10



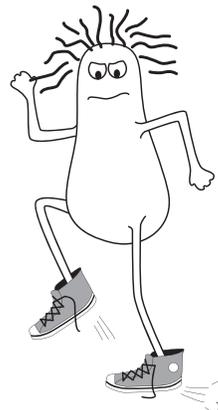
Make growl sounds



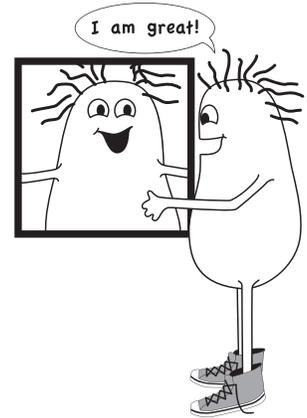
Scream



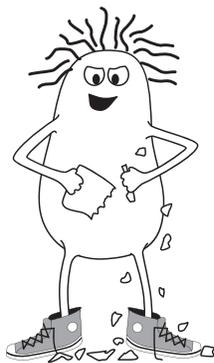
Punch a pillow



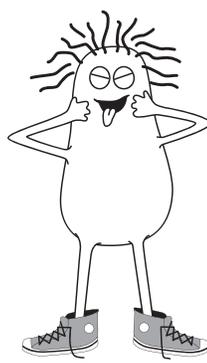
Stress stomp



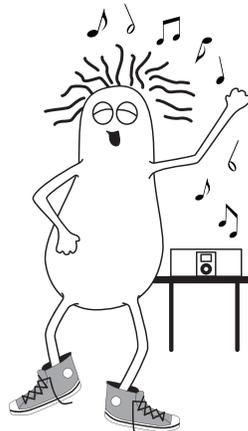
Positive self-talk



Tear paper



Make faces



Dance



Chill out

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The Anger Bag

The anger bag can be used by you and your children to learn good ways to get anger out.

The anger bag can have any of the following items in it:

- A pillow for punching
- Play dough to mold or pound
- Paper to tear
- Crayons and construction paper for artwork
- Small balls of rubber or sponge for squeezing
- A small teddy bear for hugging
- Bottles of bubbles for blowing
- Plastic cup for screaming

Use these items to help get angry feelings out of your body.