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
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.