

25 HEALTHY WAYS TO EXPRESS ANGER

Be careful not to say or do anything to hurt yourself or anyone else.

1. Tell someone you're angry.
2. Talk to yourself in the mirror about your anger.
3. Hit a pillow.
4. Jump up and down.
5. Cry.
6. Hit the floor with a rolled-up newspaper.
7. Smash play dough or clay.
8. Hit a bed with your fist.
9. Yell "I'M SO ANGRY!!!"
10. Tear and crumple up newspapers, magazines, or old phone books and fill a garbage bag.
11. Go into a safe room to get some "space."
12. Walk away.
13. Lie on a bed with your feet in the air. Kick your feet back and forth and yell "AHHHHH!" or "I'M ANGRY!!!"
14. Take a small towel and use to hit a couch or chair while saying "I'm so angry!"
15. Play an angry song on the piano.
16. Beat a drum.
17. Do an angry dance.
18. Bounce or kick a ball.
19. Dig in dirt.
20. Go swimming; hit the water.
21. Throw rocks into a pond, lake, or ocean.
22. Get a hug.
23. Rake leaves or shovel snow.
24. Run.
25. Swing.