

## 50 Ways to **Calm** Down When You Are **Angry**

1. Take 3 deep breaths
2. Count to 10
3. Walk away when appropriate
4. Tense & relax your body
5. Talk to yourself positively
6. Build a sandcastle/fort
7. Watch TV or a video
8. Take a nap
9. Read a book
10. Talk to an adult
11. Draw a picture
12. Write in journal
13. Work on activity book
14. Go for a walk
15. Shoot paper into trashcan
16. Apologize
17. Go for a run
18. Talk to a brother or sister
19. Tell a silly joke
20. Think of something funny
21. Dance
22. Ride a bike
23. Start an art project
24. Pound on clay
25. Say something positive
26. Picture a relaxing place
27. Play with a toy
28. Count backwards
29. Talk to an imaginary friend
30. Take a bath/shower
31. Write a letter to someone else
32. Punt a ball outside
33. Listen to relaxing music
34. Listen to upbeat music
35. Play a board game
36. Visualize a peaceful scene
37. Rub water on your face
38. Go for a swim
39. Do jumping jacks
40. Talk to a friend
41. Play with your pet
42. Sing a song
43. Squish a stress ball
44. Play an outdoor sport
45. Color in a coloring book
46. Play on a swing
47. Talk to a stuffed animal
48. Write a letter to yourself
49. Throw a ball outside
50. Go to a relaxing place

