

Ten Things to Do Instead of Hitting:

1. Pound a Pillow



2. Squish Clay



3. Color Your Angry Feelings Into A Picture



4. Blow Out Your Angry Feelings



5. Use Angry Energy To Do Something Good.



6. Sing The Alphabet, Count to Ten or Sing

Your Favorite Song.



7. Talk About Your Angry Feelings.



8. Write About What Is Making You Angry.



9. Get Your Body In Motion – Exercise!



10. Take a Nap

