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CALMING ACTIVITIES FOR CHILDREN WHEN THEY ARE ANGRY

- Take 3 slow, deep breaths
- Walk away
- Stretch
- Ask for a hug
- Sit and cuddle
- Growl like a lion
- Take a walk
- Tense up every muscle in your body and then relax every muscle. See if you can do that three times.
- Stroke a stuffed animal
- Pet your cat or dog
- Rub your hand or arm gently
- Ask for a back rub
- Snuggle up in a sleeping bag or blanket
- Sit in a quiet place surrounded by heavy pillows
- Scribble or draw your feelings
- Tell a funny memory
- Draw a picture
- Ask for a cold drink
- “Zip my lips”, turn around and leave
- Say to the person you are angry at, “Please stop _____.”
- Say to the person you are angry at, “Please do _____ instead.”
- Run, jump, skip or stomp in the back yard
- Think to yourself, “Relax. Stay in control.”
- Ask someone to write down how you feel or write down what happened

- **Rock slowly and gently in a rocking chair**
- **Sit in a beanbag chair and “chill out.”**
- **Talk about a happy time**
- **Think about a time you were able to stay calm even though you were angry**
- **Sing a song**
- **Read a book**
- **Tell a joke**
- **Play a game.**

Margaret W. Neal, LCSW, is a Licensed Clinical Social Worker in private practice in Riverside, CA. Her work focuses on “helping children and their parents.” For more information, visit Margaret’s website at www.margaretwneal.com.