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CALMING ACTIVITIES FOR YOUNG 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 young children and their parents.” For more information, visit Margaret’s website at www.margaretwneal.com.