



20 ANGRY OUTBURST ALTERNATIVES

The following ideas were created to provide you with ways to express anger and cooldown that are not directed toward people or harmful to yourself or others.

1. Do jumping jacks
2. Give yourself a hug
3. Take a brisk walk outside
4. Count to 10 in a loud voice.
5. Shake your whole body, starting with your feet and work up to your head.
6. Turn on music and dance.
7. Was a sinkful of dishes with lots of bubbles
8. Rip up old newspapers, magazines, phonebooks, rags or sheets and go on a cleaning spree and throw them out.
9. Throw snowballs at a tree
10. Throw marshmallows into the sink and yell as you throw them
11. Blow into a paper bag and pop it.
12. Punch a pillow, beanbag chair, or punching bag. Pound on a mattress
13. Kink into pillows that are propped against a wall.
14. Throw rocks in a river, lake, or pond.
15. Go outside and shoot baskets, kick a soccer ball....
16. Squeeze and pound play dough or clay
17. Play the piano or other available musical instruments
18. Get a bucket of water and a big paintbrush. Pretend the water is paint and with large brushstrokes “paint” various things around the house and yard.
19. Pull weeds in the garden.
20. Go to a neighborhood park with a swingset. Swing high, pumping your legs vigorously.

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