

THINGS TO DO TO EXPRESS ANGER SAFELY AND PRIVATELY
(You can probably add to this list.)

Hint: You should feel better, calmer, more peaceful after expressing your anger in one or more of these ways. Be sure to breathe deeply while doing any of them. Also, it is important to focus on your anger while doing any of these.

Punch a pillow.

Have a purposeful temper tantrum.

Hit a mattress with a tennis racket.

Tear up magazines.

Squash a piece of paper and throw it.

Draw a face of someone you're mad at and jump on the paper, or tear it up, or scrunch it and throw it.

Kick a can.

Squeeze a towel, especially if wet.

Throw a wet washcloth against the wall in the bathtub.

Talk into a tape recorder about your angry feelings.

Write about your angry feelings.

Write all the bad words you can think of.

Write a letter to the person you are mad at (but don't send it).

Scream into a pillow.

Run around the block or playground till you are exhausted; or any other physical activity while focusing on your anger.

If you have clay at home, punch it with your fist or pound it with a rubber mallet.

Beat on a drum.

Do an angry dance to music.

Smash aluminum cans.

Growl into a mirror.

Tape bottom of shoe with name of person you are mad at and walk around.

Chew gum--imagine you are biting person; or bite washcloth.

Throw rocks into ocean or other safe place.

Spray at person (imaginary) with a water gun or spray bottle.

Draw on cardboard and tear.

Throw ice cubes at a wall (and yell and scream).

Stuff a pillowcase with grass, draw a face on it, hit it.

MORE:

- Hit a tin trash can with a baseball bat.
- Throw balloons filled with water.
- Collect twigs and sticks, and break them.

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SOME BOOKS RELATED TO ANGER

- Moser, Adolph, Ed.D. Don't Pop Your Cork on Mondays! The Children's Anti-Stress
Landmark Editions, Inc., Kansas City, MO; 1988.
- Moser, Adolph, Ed.D. Don't Rant & Rave on Wednesdays! The Children's Anger-Control
Landmark Editions, Inc., Kansas City, MO; 1994.
- Oram, Hiawyn Angry Arthur
E.P. Dutton, New York, NY; 1989.
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Puffin Books, Viking Penguin Inc., New York, NY; 1976.
- Sendak, Maurice Where the Wild Things Are
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- Simon, Norma I Was So Mad!
Albert Whitman & Co., Morton Grove, IL; 1974.
- Slap-Shelton, Laura, Psy.D., & Shapiro, Lawrence E., Ph.D. Take a Deep Breath:
The Kids' Play-Away Stress Book; The Center for Applied Psychology, Inc.,
King of Prussia, PA; 1992.
- Viorst, Judith Alexander and the Terrible, Horrible, No Good, Very Bad Day
An Aladdin Book, Connecticut Printers, Inc., Hartford, CT; 1972.
- Whitehouse, Eliane, & Pudney, Warwick A Volcano in My Tummy: Helping Children
to Handle Anger; New Society Publishers, Gabriola Island, BC, Canada; 1996.
- Wood, Audrey Elbert's Bad Word
Harcourt Brace Jovanovich, Publishers, Orlando, FL; 1988.