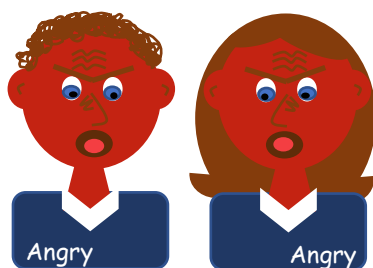


Ideas to try if I feel...angry



Rip up a newspaper.	Punch a pillow.	Take ten deep breaths, count out loud with each one.
Go somewhere quiet and peaceful.	Wash your hands under cold water to help you cool off.	Tense and relax all your muscles from head to toe.
Listen to some relaxing music.	Do some exercise. Exercise releases the happy chemicals in our brains so can help us feel better.	Talk to a trusted person about how you are feeling and why.
<p>Make your own anger firework poster with a cool down bucket full of ideas to help you stay calm.</p> <p>Remember: The match is your trigger. The fuse is all your thoughts and feelings. The firework is your inside and outside reactions. The explosion is your anger.</p>	<p>Take a deep breath and pretend you are blowing bubbles. If you have real bubbles or a windmill use those!</p>	<p>Clap your hands together hard. Push your hands against each other or push against a wall.</p>

Make a calming basket. Here are some ideas of what you could put in it:

- Bubble wrap for popping
- Squidgy balls which you squish and squeeze
- Feathers for mindful breathing practice
- Pebbles or stones
- Stretchy people
- Crayons and paper for 'anger scribbling'
- Exercise books/paper with some coloured pencils for them to doodle with. Mandalas.
- Pipe cleaners to make things with
- Bubbles
- Cuddly toy
- Mindful colouring sheets
- Paper clips for making paperclip chains
- Jigsaw puzzles
- Paper for ripping
- Things to count
- Small bag of lego bricks
- Playdough
- Dot to dot, puzzles
- Glitter bottle timer
- Rubik's cube