

## Ways to Release Uncomfortable Feelings when children are stressed, anxious, angry or upset.

1. breathe deeply, practise belly breathing
2. guided meditation
3. drink water
4. think of your happy place (a place in nature, your bedroom, playing with your pet, etc)
5. get an adult to help
6. draw a picture
7. sing a song or play loud music, play an instrument
8. write your feelings down, then tear up the paper and throw it in the bin
9. walk away
10. exercise, do some star jumps
11. jump on the trampoline
12. smile (smiling releases feel good chemicals in your brain)
13. punch a pillow
14. tear up scrap paper
15. jump up and down
16. scream into a pillow
17. use a punching bag
18. kick a ball around the backyard
19. blow up balloons
20. squeeze plasticine
21. go somewhere quiet and calm down
22. dance
23. learn karate
24. yoga
25. massage your feet
26. have a bubble bath
27. play with your pet
28. be with friends
29. do something fun
30. watch a funny movie
31. play games
32. Give your worries away using worry dolls, a worry box, meditation and guided visualisation such as worry tree meditation, or worry bucket
33. spend time in nature
34. ask mum or dad for a hug
35. spend time with caring people
36. hug yourself and rock slowly back and forth

If you have any questions at all, send me an email and I shall reply as soon as I can.