

A	N	G	E	R
watch TV	Draw	arts and crafts	sing	jump rope
Read	use stress toy	play with pet	Exercise	shred newspaper
take a mental trip	whistle a tune	FREE	Journal	count backwards from 50
count to 20	take 5 deep breaths	jog	clean house	nap
bounce a ball	Listen to music	punch pillow	write a poem	Talk about it

A	N	G	E	R
whistle a tune	Exercise	sing	Read	play with pet
arts and crafts	write a poem	jump rope	Listen to music	shred newspaper
count to 20	Journal	FREE	count backwards from 50	Draw
clean house	punch pillow	watch TV	Talk about it	take 5 deep breaths
jog	nap	take a mental trip	use stress toy	bounce a ball

A	N	G	E	R
Listen to music	punch pillow	Exercise	nap	Journal
watch TV	count to 20	jog	use stress toy	jump rope
take a mental trip	Talk about it	FREE	take 5 deep breaths	clean house
whistle a tune	shred newspaper	sing	write a poem	arts and crafts
count backwards from 50	Draw	play with pet	Read	bounce a ball