

# Positive Ways To Express Emotions

## Balloon

**A good way to cool off is breathing when you are angry. Ask child to fill their lungs with air and raise their arms as though they were a balloon. Have child slowly lower arms and release air. Repeat three times**

## Pretzel

**Sit or stand, crossing left ankle over right. Extend arms in front of you with thumbs down, cross your left wrist over right. Interlace fingers and draw hands up towards chest. Close your eyes and breathe. Press tongue flat against roof of mouth when inhaling, release when exhaling. (Dr. Dennison 1989)**

## Drain

**Have child tense their muscles and breathe in. Hold for 5 seconds. Starting with the head, relax your body down to your toes; exhale as you do. Repeat at least three times. When they are used to this, have them imagine the frustration or anger as they tense up and explain as they relax they are letting go of the anger.**