

Caring for Sadness

Go somewhere private and have a good cry

Draw, paint or write about sadness

Watch a sad movie

Sit quietly and feel sad

Ask someone you trust for a hug

Cuddle a pillow or a soft toy

Hug your dog

Talk to someone you trust



Caring for Fear

Go somewhere safe

Curl up in a ball and cover yourself with a blanket

Shake and allow the fear to go from your body

Go for a run

Go somewhere by yourself and scream out your fear

Squeeze your fear into a towel

Say out loud "I feel scared" and let yourself feel it

Shake your arms and legs to let out the fear

Squeeze a stress ball



Caring for Anger

Write, scribble, paint or draw your anger – then tear it up or burn it



Tear up paper into tiny pieces, thrown them in the bin and slam the lid



Twist up a towel tightly, curl in half and use it to hit the floor

Go into the bush and scream out your anger



Sit in a car with the windows up, put on loud music and scream

Get some ices cubes, thrown them hard against a brick wall

Punch a pillow

Use a pool noodle to hit the trunk of a tree



Hit your bed with a pillow

Meditate



Sleep

Go for a ride on my bike

Do some deep breathing

Watch a funny you tube video



Talk to a friend or a counsellor

Write in your journal

