A Child Therapist’s Favorite Resources for Helping Kids Manage Anger

It’s starting again, as usual, right after your son gets off the school bus. He is frustrated from things that happened during the day, and now he’s yelling and stomping around the house. You’re feeling overwhelmed and don’t know what to do next.

How do you help an angry child?

Here’s a collection of the best tools and tips I’ve found to teach children how to calm down and relax.

Quick Ways to Calm Down

Sometimes you’ll need a quick way to help your child calm down and you don’t have much with you. Maybe it’s when you’re out at Target or stuck in traffic. These tips will come in handy at those times:
- Imagine your favorite place - it’s like taking a mini vacation wherever you are
- Think of your favorite things
- Name animals alphabetically (alligator, bear, cow, dog, etc…)
- Squeeze Something (play dough, clay, silly putty, your fists, a stress ball)
- Get a Cold Drink of Water
- 54321 Grounding - go through each of your 5 senses

Quick Ways to Help Kids Express Their Anger

- Rip paper
- Pop bubble wrap
- Squish playdough
- Do wall push-ups
- Write a letter to someone
- Jump on a trampoline

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Coping Skills for Kids Workbook:

The Coping Skills for Kids Workbook has over 75 coping strategies for calming anxiety, dealing with stress and managing anger. Ideal for families or therapists.

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Coping Cue Cards™

These card decks have tons of coping strategies, which can be used at home, at school or on the go. Divided by the 5 Coping Styles, these decks bring order to the mountain of ideas for coping strategies that work for kids and is designed to work at both school and home.

The Discovery Deck has all 5 Coping Styles included. The Relaxation, Distraction, Sensory, and Movement Deck each have 40 more cards with style-specific strategies.

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Free Printables:

Downloadable files for use at home, at school or in therapy. Available now:
- Deep Breathing Printables
- Feelings Thermometer
- Coping Skills Checklist

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