



Anger Box

The anger box can be used for all ages, even adults. The contents may vary depending on the individuals and the age. Here are some possibilities for what you may include:

1. Bubble wrap to stomp on
2. Clay or play dough to smash
3. Magazines to rip up or shred
4. Something to break (old pencils, DVD's, toys, or cell phone)
5. Bubbles to facilitate deep controlled breathing
6. A rubber toy that is made to stretch
7. Large crayons and paper to write, scribble, or draw out feeling. (large crayons withstand a firm hold and greater pressure)
8. Journal
9. Band aids to place where the body is experiencing the emotion
10. A stuffed animal or soft doll to hit or beat on
11. Gum to chew on
12. Pin wheels to facilitate deep breathing
13. Balloon to write angry faces or thoughts on and then pop it
14. Picture of someone to 'revise'
15. Empty Soda cans or water bottles to crush
16. Pillow to scream into
17. Letter written to self or from loved one to remind you of the positives in your life or support.
18. Craft sticks to bite or break
19. Ice to hold, place on area wanting to harm or to throw in shower to break
20. Lime or lemon to bite into to get a sharp sensation
21. Take a cold shower (without razors present)
22. Old clothing, material, catalogue to tear apart
23. Timer (strong feelings of anger can last as long as 45 minutes)
24. Angry music to listen to
25. Tissue for crying

