

Helping
you to help
your child

80 Ideas for Venting BIG Feelings

Simple ideas for your child to try



These ideas won't solve the problem but they'll change how we feel right now

Introduction

Sometimes we're so overwhelmed with BIG feelings that we don't quite know what to do with ourselves. Being overwhelmed by anxiety or anger can lead to moments of meltdown, shutdown or self-harm.

In this guide, I've shared a wide range of different ways we can manage big feelings in those crisis moments, to make things feel just a little bit better.

These ideas won't change the underlying situation, so they're not a long-term fix, but they may help your child to make it through life's trickier moments without hurting themselves or others.

These ideas were all suggestions from my network (thank you!) so everything has worked for someone. I hope some of them work for you.

Pooky x

Making Anger Feel Heard

Anger needs to feel heard. Sometimes this means someone else hearing what it has to say, sometimes it's about learning to hear our own anger. Here are some ideas to help:

1

Talk about it with someone you trust



2

Journal using 'what's weighing me down?' as a prompt

3

Write a letter to your anger source (but don't send it!)



4

Talk to a soft toy, pet or plant who will listen but won't answer back

5

Call, text or online message a helpline such as ChildLine



Making Anger Feel Heard

Allowing our anger to feel heard can stop it bubbling and rumbling uncomfortably inside us, or coming out in ways we feel we can't control.

Take a felt pen for a walk on a big blank piece of paper

6

1
2
3

Write a list of top ten things you wish you could change right now

7

Make shapes that look how you feel out of plasticine or playdough

8

Use poster paints to paint BIG how you feel

9

Have a whatsapp conversation with yourself about your hurt using only emojis

10

Sitting with the Feelings

Sometimes the most helpful thing is to sit with the feeling and allow ourselves to really feel and process it. Here are some ideas to help:

1

Cry



2

Make and hide out in a blanket fort

3

Sit in a window and watch the clouds pass



4

Go to a calm quiet outdoor space and sit with the feelings

5

Listen to sad or angry music



Sitting with the Feelings

It can be pretty uncomfortable sitting with difficult feelings, but it can help our body and mind start to process them and help us to move on.

Quietly sit with someone who loves you

6



*Cuddle a friend, family member or
pet*

7

*Watch a film or TV show that taps
into this feeling*

8

*Look at pictures that help you connect
with the source of your upset*



9

*Write a sentence about what's going on
and stare at it until it feels a bit easier*

10

Working the Energy Off

Sometimes there's just so much angry or anxious energy running round inside us that we need to find some way to get it OUT. Here are some ideas to help:

1

Jump in muddy puddles



2

Squidge slime or playdough

3

Go somewhere quiet and scream



4

Make a ball out of play dough and smash it

5

Punch a punching bag or pillow



Working the Energy Off

Working the energy off will help you feel better for a little while, but it won't solve the problem so it's a good idea to explore what caused your anger when you feel calm.

*Hurl lumps of ice at the ground and
watch them smash*

6



*Play squash or throw a ball hard
against a wall*

7

Tear up a magazine

8



*Drop bottles into a bottle bank and
hear them smash*

9

Pop a poppit as fast as you can

10

Working the Energy Off

Some ideas can be done on your own, some will require adult supervision or support.

11

Hammer nails into wood



12

Smash a watermelon

13

Squirt a watergun against a wall



14

Tense, hold, then relax your body parts working up from your feet

15

Blow up balloons, then pop them by squeezing them



Create and Destroy

Being allowed to make and then destroy something that represents our anger can feel good. Here are some ideas to try:

1

Write it down then scribble it out until the paper is worn through



2

Cut up an old piece of material into tiny pieces then throw them away

3

Draw your worries on cardboard then tear it up



4

Scribble roughly on paper with crayons

5

Scrunch and throw leaves. Imagine each one is a worry



Create and Destroy

These can be great ways to let go of your anger. Imagine your anger or worries are represented by the thing you're destroying.

Draw your anger source with chalk and then obliterate it with water

6

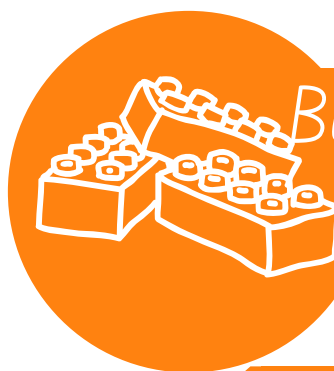


Scrunch paper into anger balls and throw them away

7

Draw your anger then make it into a paper aeroplane and fly it away

8



Build a lego tower as tall as you can then knock it down

9

Make a plasticine representation, then squidge it up

10

Make Some Noise

Sometimes we need to make some external noise that matches the internal noise going on in our head. Here are some ideas to help:

1

Play music loudly



2

Sing very loudly

3

Bang drums or other percussion instruments



4

Act it all out in an angry role play

5

Roar like a dragon



Make Some Noise

Think about where you're going to go to make some noise... you don't want to make other people angry!

Drum your fingers on the table - try to keep getting faster and louder

6



Find an echoey place and clap your hands - imagine squashing your anger

7

*Open a car door gently then slam it
HARD*

8



Be an angry gorilla. Slap your chest, slap the floor, make some noise!

9

Stamp your feet

10

Get Moving

Getting our bodies moving can help us to work off some of our anxious and angry energy. Here are some ideas to help:

1

Dance like nobody is watching



2

Run up a hill

3

Have a pillow fight with a wall



4

Play SwingBall

5

Run on the spot as fast as you can



Get Moving

Get moving fast enough and hard enough to get your heart working hard

Throw wet kitchen paper at the wall as hard as you can

6



Shoot hoops or shoot penalties. Play fast and hard.

7

Jump on a trampoline

8



Karate chop newspaper

9

Run – imagine your anger source chasing you

10

Get Moving

Focusing on being active and moving can help to take your mind away from the source of your distress; focus on how moving feels right now.

11

Run and jump over hurdles or obstacles



12

Roll on a gym ball or gym roller

13

Play fetch with a dog - throw the ball hard, cuddle between throws



14

Roll down a slope

15

Stomp on your worries



Seek Something Sensory

Really engaging your senses can help to draw your mind away from distress. Here are some ideas to help:

1

Snuggle into a beanbag



2

Jump on bubble wrap

3

Squash waterbeads in a big bowl or squeeze out a sponge

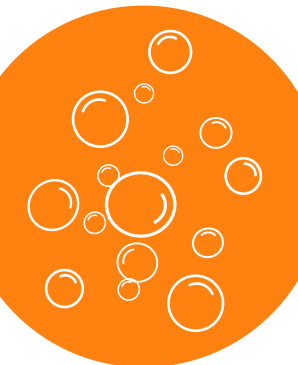


4

Snap sticks in half

5

Blow bubbles and watch the colours



Seek Something Sensory

Things that feel, smell, sound or taste good can give us a break from more difficult feelings which can be a nice relief for a while.

Watch glitter settle in a glitter bottle

6



*Squeeze ice cubes hard and watch
your anger melt away*

7

Roll a balloon under your feet

8



*Eat an apple or other crunchy food.
Focus in on the CRUNCH*

9

*Suck a strong mint and really focus
in on the taste*

10

Works Best When

It's important you find the way that works best for you and your child, but a few things that can really help include:

Be prepared to
stay curious
and keep
trying new
things

- Time of Calm -

Explore new ideas at times of calm and, if possible, practice them too. Then your child will be ready to use them when they really need them.

- Brainstorm -

Add your own ideas to the list and explore what might work well and less well in different places and situations.

- Make a list -

Make a note of the ideas to try and have your child keep them to hand, or share them with their trusted adults, as a helpful reminder in those moments when things feel super tricky and your child might not remember what to try.

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- Thank You! -

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Pooky x

