Children have stress just as adults do!
Some of their strategies they use when they are upset are productive, but others are not.

Here are some ideas you can help them to think of when they are feeling upset. Use pictures of some items especially for younger children.

- Listening to music
- crafts
- Kicking a ball outside
- Sleeping
- Talking to a friend/teacher/ parent
- Whistling
- Jumping
- Drawing, colouring
- Looking at books
- Asking for hugs
- Walking/running
- Moving heavy objects
- Playing with a pet
- Quiet time
- Blowing bubbles