

# REDIRECTING TO ACCEPTABLE TARGETS

KIDS HAVE BIG FEELINGS AND BIG WAYS OF EXPRESSING THEM. IF ACTIONS ARE HURTING PEOPLE OR PROPERTY, KIDS NEED NEW WAYS TO DIRECT ALL THE ENERGY THEY NEED TO GET OUT OF THEIR BODIES. TRY ONE, TRY ALL. ASK YOUR KID TO PICK THEIR FAVORITE AND CIRCLE IT FOR NEXT TIME YOU NEED IT!

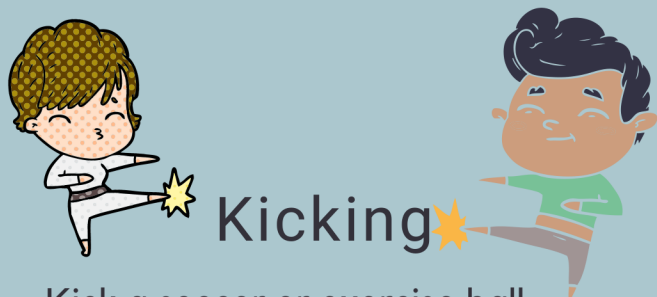


## Screaming

- Scream in the garage or basement or closet
- Go outside and scream at the birds
- Scream in their own room
- Scream into a pillow or blanket or into/at a stuffy
- Catch a scream in a mason jar or Solo cup
- Turn the yell into a song
- Roar like a lion
- Hum as long as you can

## Hitting

- Hit the sofa or pillow
- Squeeze a stress ball or sponge
- Karate chop a box
- Throw mud at a tree/fence
- Pound play dough/clay
- Hit a punching bag
- Stab a box with a pen
- Toss up and punch a beanbag/dirt clot
- Hit a drum or xylophone
- Wack with a pool noodle
- Play t-ball or baseball
- Knock over blocks or magnetiles
- Scribble or Draw or Dictate mad feelings
- Punch the air
- High five
- Rip paper
- Hit nails with a hammer, hit golf tees into styrofoam/pumpkin/watermelon



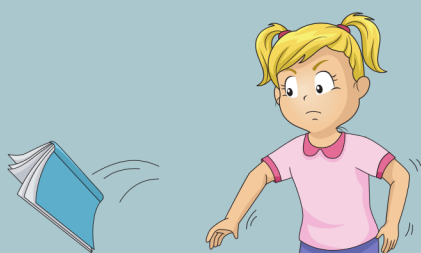
## Kicking

- Kick a soccer or exercise ball
- Kick a box (beat it up/demolish it)
- Kick a stuffy or punching bag
- Kick the couch/sofa/beanbag/pillow
- Leg drop onto the bed while laying on the ground/leg press the mattress
- Push furniture or wall with legs
- Jump on bubblewrap
- Trampoline
- Kick a tire
- Dance to music
- Kick the air/aim for hand-targets



## Biting

- Grit teeth and "grrrr" loud
- Chew gum
- Bite pillow/blanket/stuffy
- Play teeth tug of war
- Bite Nursing necklace or Jewelry
- Bite silicone spatula
- Bite an apple or carrot
- Sucker/hard candy
- Drink through straw
- Popsicle (cold and hard)



## Throwing

- Throw a box/pillow/stuffy
- Throw rolled sock "snowballs"
- Throw snow/mud
- Throw firework "poppers"
- Throw water balloons
- Throw real snow
- Throw a ball
- Throw a beanbag at a target
- Throw a rock into water
- Throw into a soft place like couch or big beanbag

## Whole Body

- Run - race or laps
- Flip or roll down a hill
- Jump or jumpingjacks
- Pushups or wall pushes
- Tug of war
- Bear hug
- Spin around
- Bush heavy box/laundry basket
- Sumo wrestling
- Digging holes
- Balancing on belly on exercise ball
- Dance - on your feet or solo
- Weighted blanket
- Swing or hammock
- Massage/finger writing on back
- Pillow sandwich



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