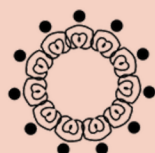


**Red
Hot**



Thoughts

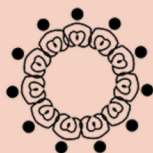


Red Hot Thoughts



What You'll Need!

- Paper for writing or drawing
- Red pencils, markers, or crayons to express emotions
- A stress-relief tool (pillow, clay, or stress ball - optional)
- A quiet space to reflect and release anger
- An open mind to try a healthy anger-release activity



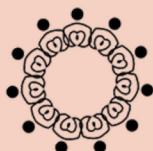
Red Hot Thoughts

Anger is energy - let it out! This activity helps you recognize, express, and release it in a healthy way.

Let It Out!

Step 1: Grab a red pencil or marker and write or draw your red-hot thoughts.

Step 2: Notice where anger feels in your body - tight fists, a hot face, a fast heartbeat?



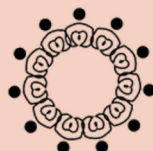
Red Hot Thoughts



Step 3: Choose a healthy way to release it:

- Write or draw your feelings
- Talk to someone you trust
- Squeeze a pillow or pound clay
- Use a stress ball
- Take deep breaths
- Jump, run, or shake it out!

Anger is energy - let it out in a way that helps you feel better!




Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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 [@emmillartherapy](https://www.instagram.com/emmillartherapy)

 [MOOD Kits by Emily Millar](https://www.facebook.com/emooodkits)

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Can't wait to see what you create!

