

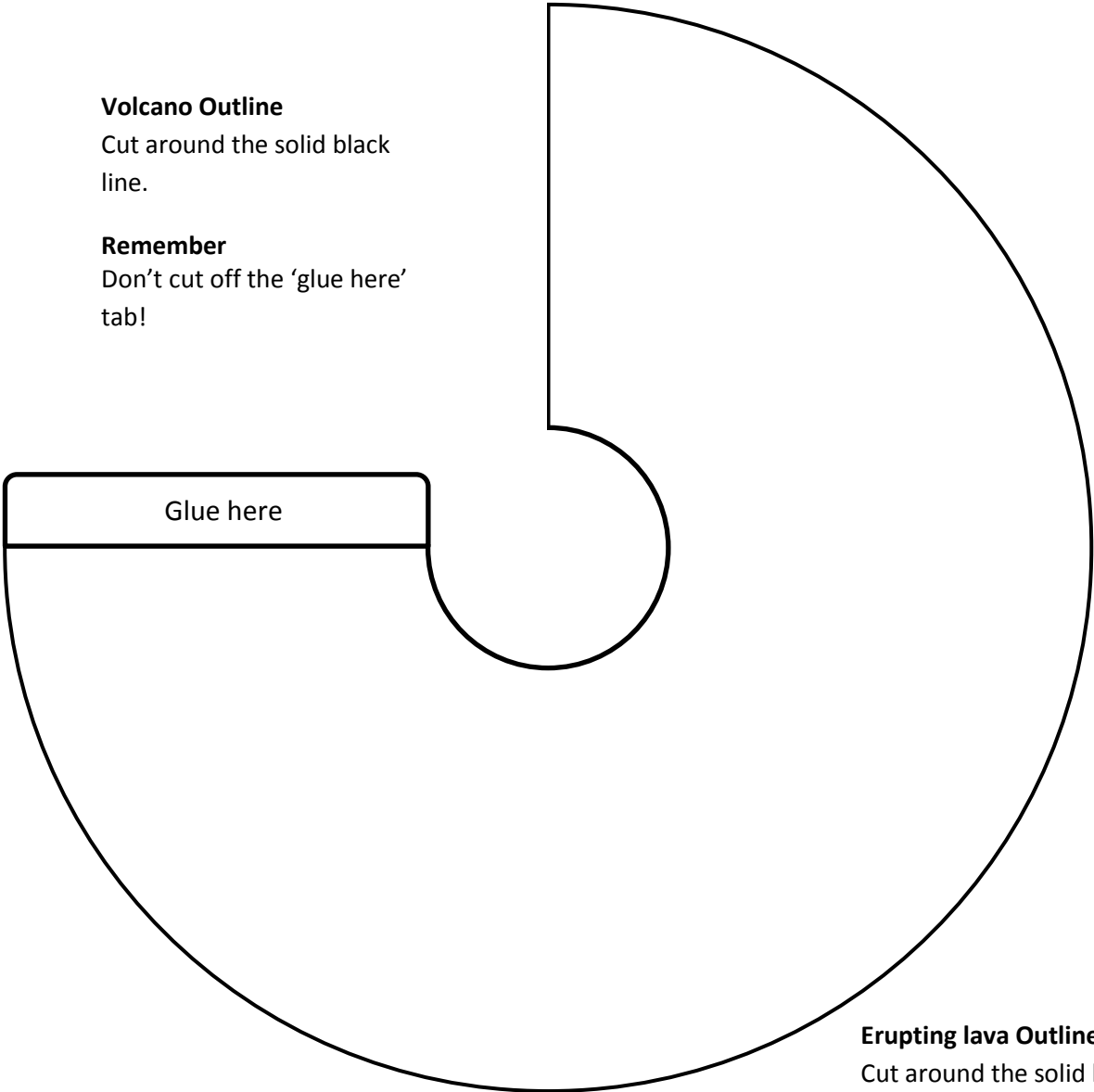
Help your child create their own Anger Volcano

Volcano Outline

Cut around the solid black line.

Remember

Don't cut off the 'glue here' tab!



Erupting lava Outline

Cut around the solid black line.



Steps to making an anger volcano

This activity can help you understand what makes your child angry. You can use it to help you talk to your child about how they and others feel.

It is best to do this activity when both you and your child are feeling calm.

Start by cutting around the volcano outline.

Your child can then colour the volcano in. For an older child, they could colour different levels of a volcano. The bottom of a volcano is calm and it gets angrier as you get to the top where the volcano erupts and the lava runs down the sides.

Put glue on the 'glue here' tab and stick the volcano together along the short sides.

Next cut out the erupting lava outline. Cut along each of the dotted line, but make sure not to cut all the way to the bottom. Talk to your child about what makes them feel angry – what causes them to erupt like a volcano? Write each of these on the lava.

This is a good time to ask why your child thinks these things make them angry. You could talk about what they feel in their body when they get angry (getting sweaty hands or a red face) and what they feel might help them calm down or stop them feeling so angry.

Remember sometimes just talking about it can help.

You could talk to your child about what other people around them feel when they get angry and 'erupt'. Write these down the side of the volcano.

Once you or your child have written all the things that makes them feel angry on the lava , fold it along the dotted lines and push up through the hole from the bottom of the volcano. Your child's volcano is now erupting with the things that make them feel angry.

Helpful phrases when your child is feeling angry

It sounds like you are feeling ... sad /angry / worried. Tell me more....

You seem angry / frustrated / cross. Let's talk about it...

It's normal to feel angry, we all feel like that sometimes. The best thing we can do it talk about it..

I feel angry sometimes too...