

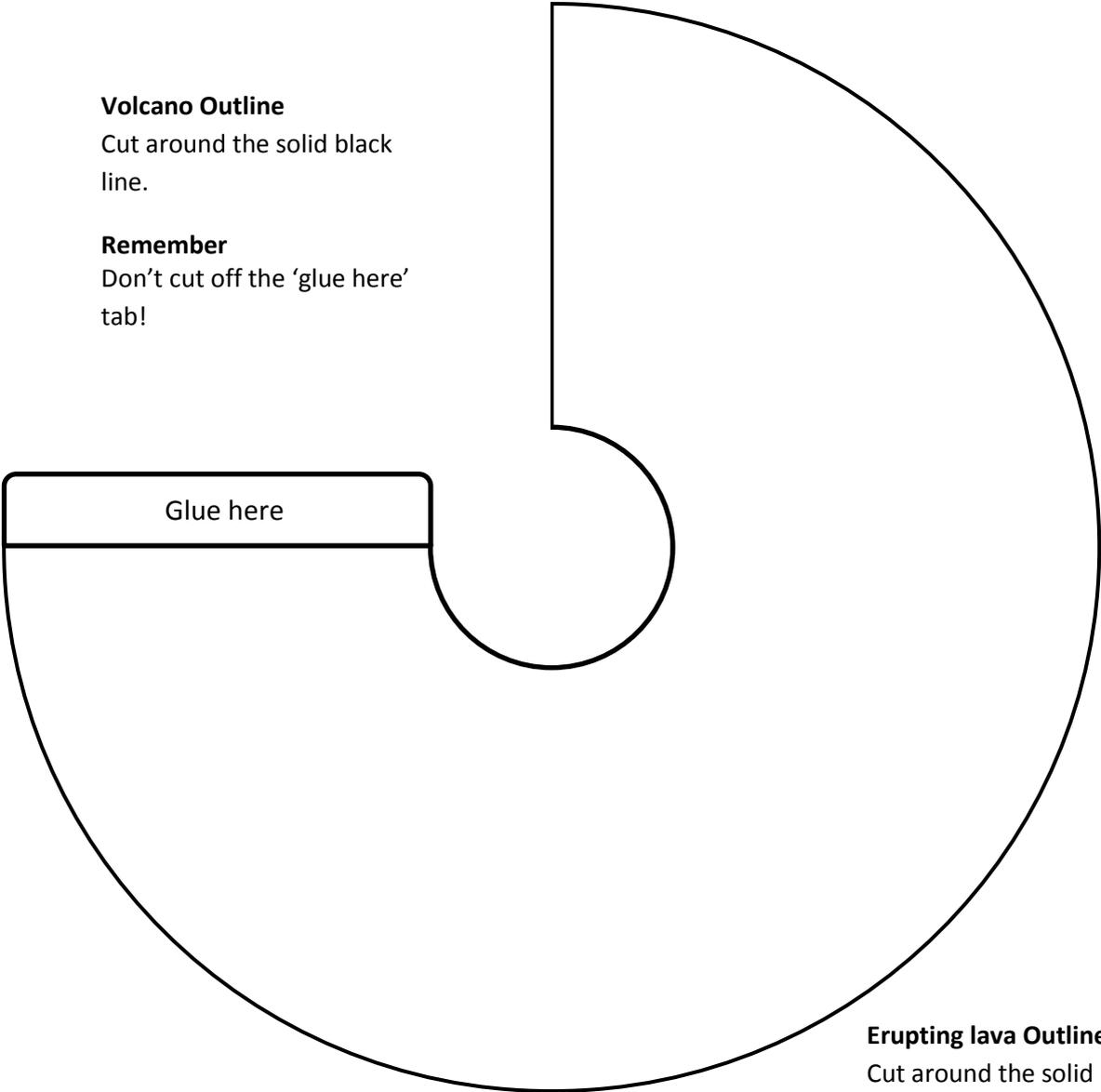
# Create your own Anger Volcano

**Volcano Outline**

Cut around the solid black line.

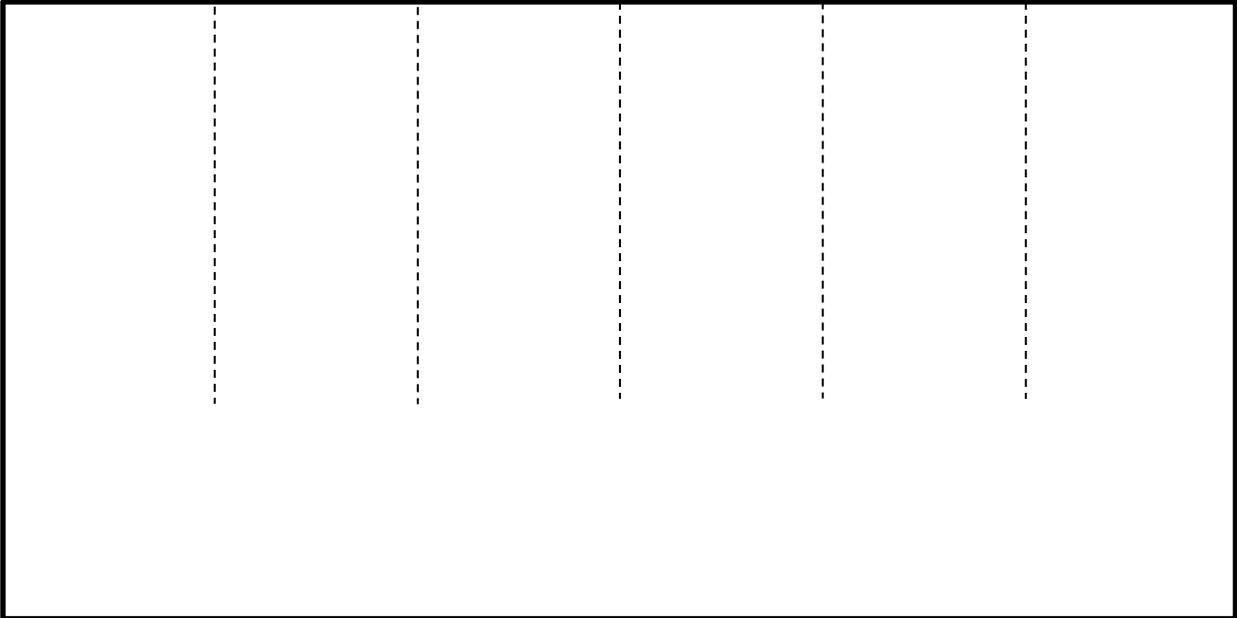
**Remember**

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 you angry. You can use it to help you talk about your feelings.

It is best to do this activity when you are feeling calm.

Start by cutting around the volcano outline.

You can then colour the volcano in. If you wish, you could colour different levels of the 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. Think about what makes you feel angry – what causes you to erupt like a volcano? Write each of these on the lava.

This is a good time to ask yourself what things make you angry. You could think about what you feel in your body when you get angry (getting sweaty hands or a red face) and what you feel might help you calm down or stop feeling so angry.

Remember sometimes just talking about it can help.

You could think about what other people around you feel when you get angry and 'erupt'. Write these down the side of the volcano.

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