


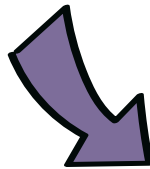
Anger Volcano

Sometimes we might hold all of our anger in and over time we might explode.

This anger could be something from a long time ago, but still makes you angry.



Do you have an anger volcano?



Let's look at ways in which we can help with what makes you angry

Anger Volcano

Talk about a volcano, what does it look like and what happens to it?
One minute the volcano is calm and then it erupts.

When it erupts, what happens to it, what destruction and devastation does it cause?

Compare the child to a volcano and talk about or get them to think about a time when they have felt so angry (past or present issues) that they have then exploded.

Can you support further with the issue or the anger?