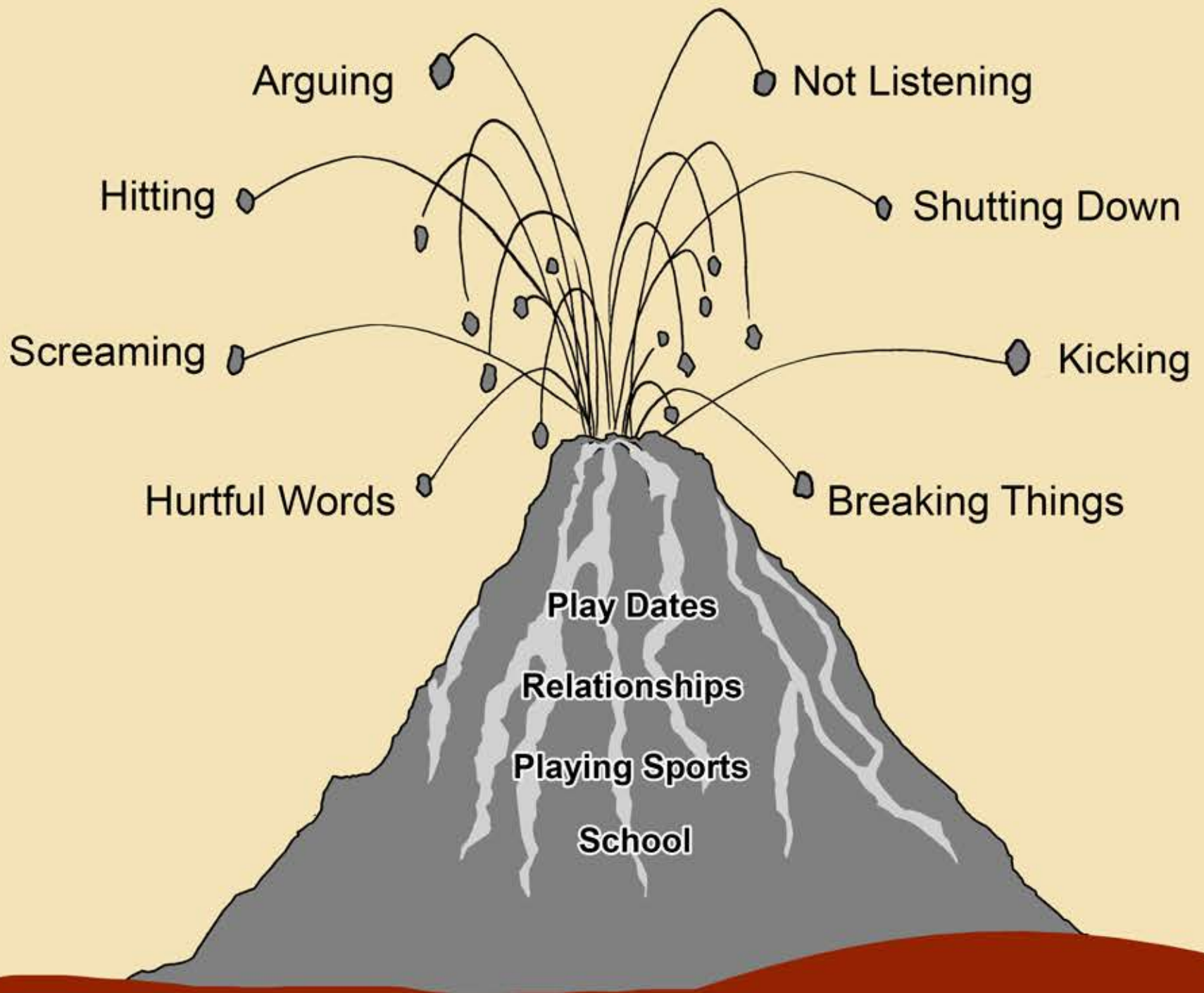


ERUPTION



Triggers

Bad Grade

Getting yelled at

Being Excluded

Being Bullied

Overwhelmed

Lonely

Sad

Frustrated

Ashamed

Embarrassed

Bubbling under the surface - feelings people can't see

The Anger Volcano

Volcano Conversation Script

HELPING KIDS UNDERSTAND AND MANAGE ANGER

By: Dr Sheryl Ziegler

This script accompanies the original Volcano image (not included in the book) and is intended to help caregivers introduce the concept to children.

1 Start in a calm moment:

“Hey, I want to show you something that can help us understand big feelings—especially the kind that feel like they take over.”

2 Introduce the volcano metaphor:

“This is a Volcano. It’s a picture of what anger can feel like inside our bodies. See how it builds from the bottom to the top?”

3 Explain the parts

“At the bottom, you might just feel a little annoyed or tired. Then those feelings build—maybe you feel frustrated or embarrassed. And then, boom! You might yell, cry, slam a door, or say something you don’t mean.”

4 Make it Relatable:

“Have you ever felt like a volcano was building inside of you? What did that feel like in your body? Did your face feel hot? Did you feel jumpy or tense?”

5 Normalize and validate

“Everyone has a volcano. Even grown-ups. It’s okay to have big feelings—we just want to learn how to notice them before we erupt.”

6 Brainstorm calm- down tools:

“Let’s think of some things you can do when you notice your volcano heating up. What helps you feel calmer? Taking deep breaths? Drawing? Squeezing a pillow? Let’s make a list together.”

7 Empower your child

“You get to be the volcano watcher. You can learn what your signs are and decide what to do before things get too big.”

8 End with connection

“I’m here to help you. And the more we practice this, the easier it will get.”

Revisit the Volcano Often

This isn’t a one-time talk. Keep the image somewhere visible and use it in everyday life—after arguments, before bedtime, or during transitions. It’s a tool for both reflection and prevention.