

VOLCANO ANGER MANAGEMENT

➤ BEHAVIOR SUPPORT

➤ EASY TO USE

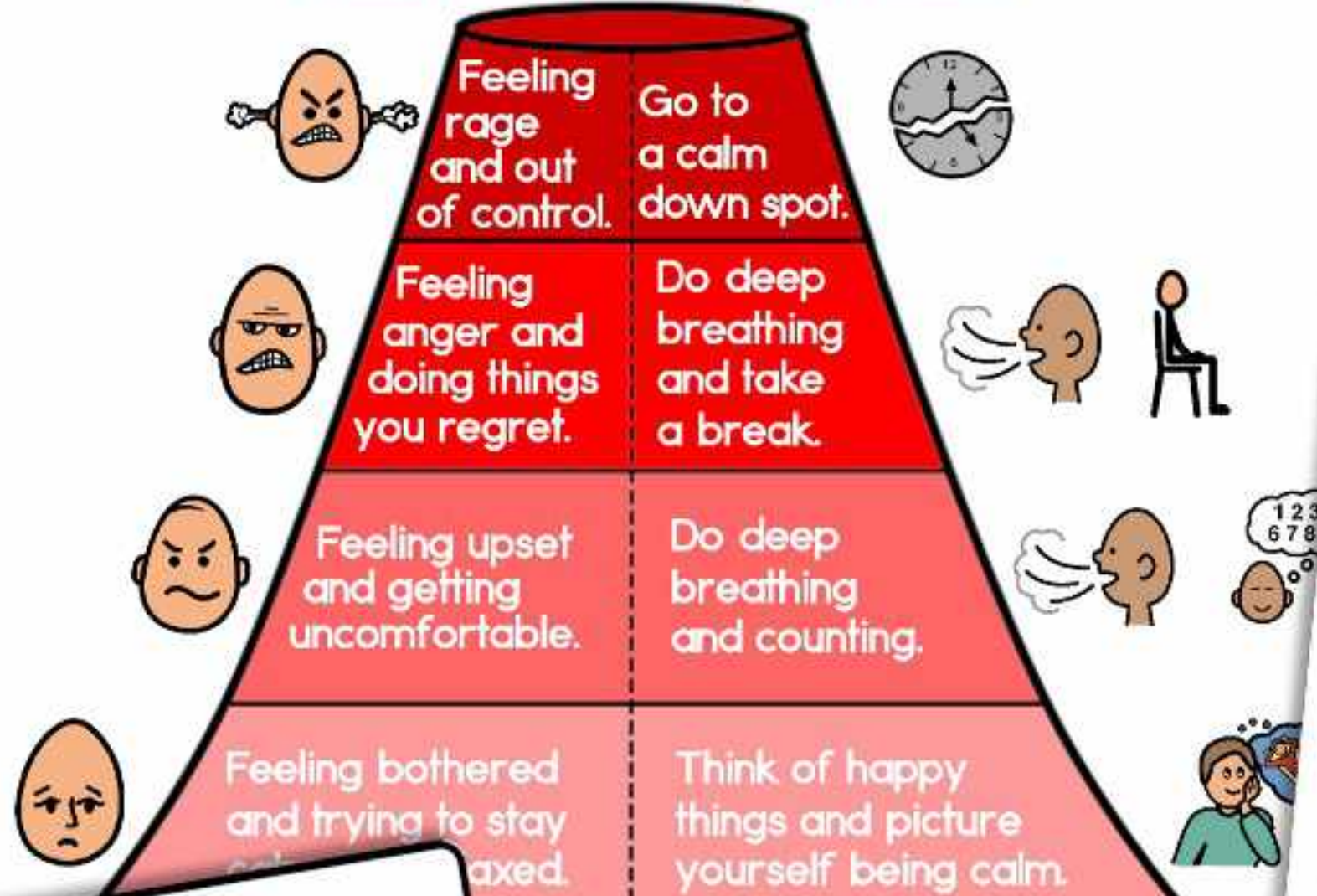
➤ SPED FRIENDLY

➤ REGULATION TOOL



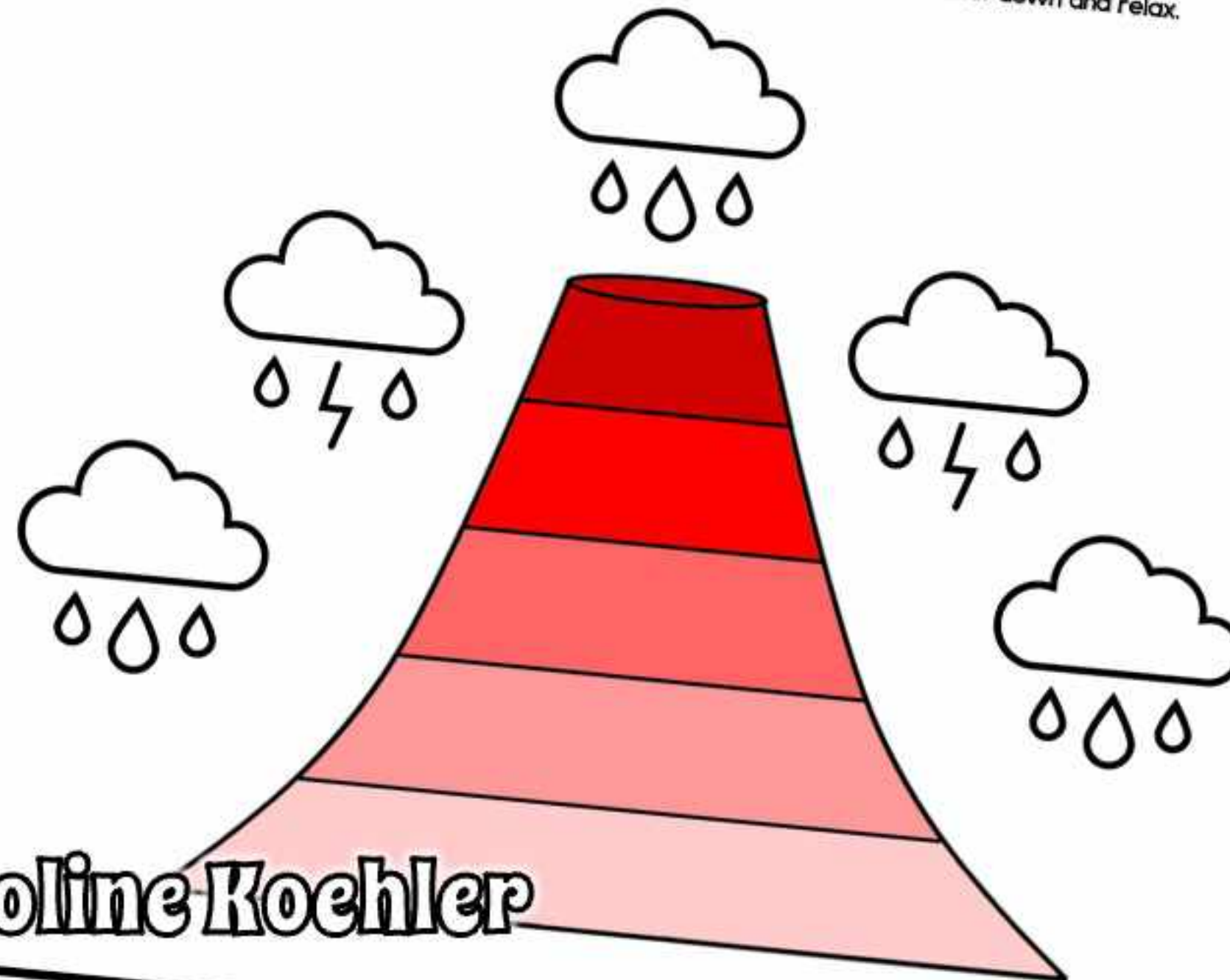
VOLCANO VISUALS FOR SEL

When I'm angry, I make choices I regret.
I can control my choices.



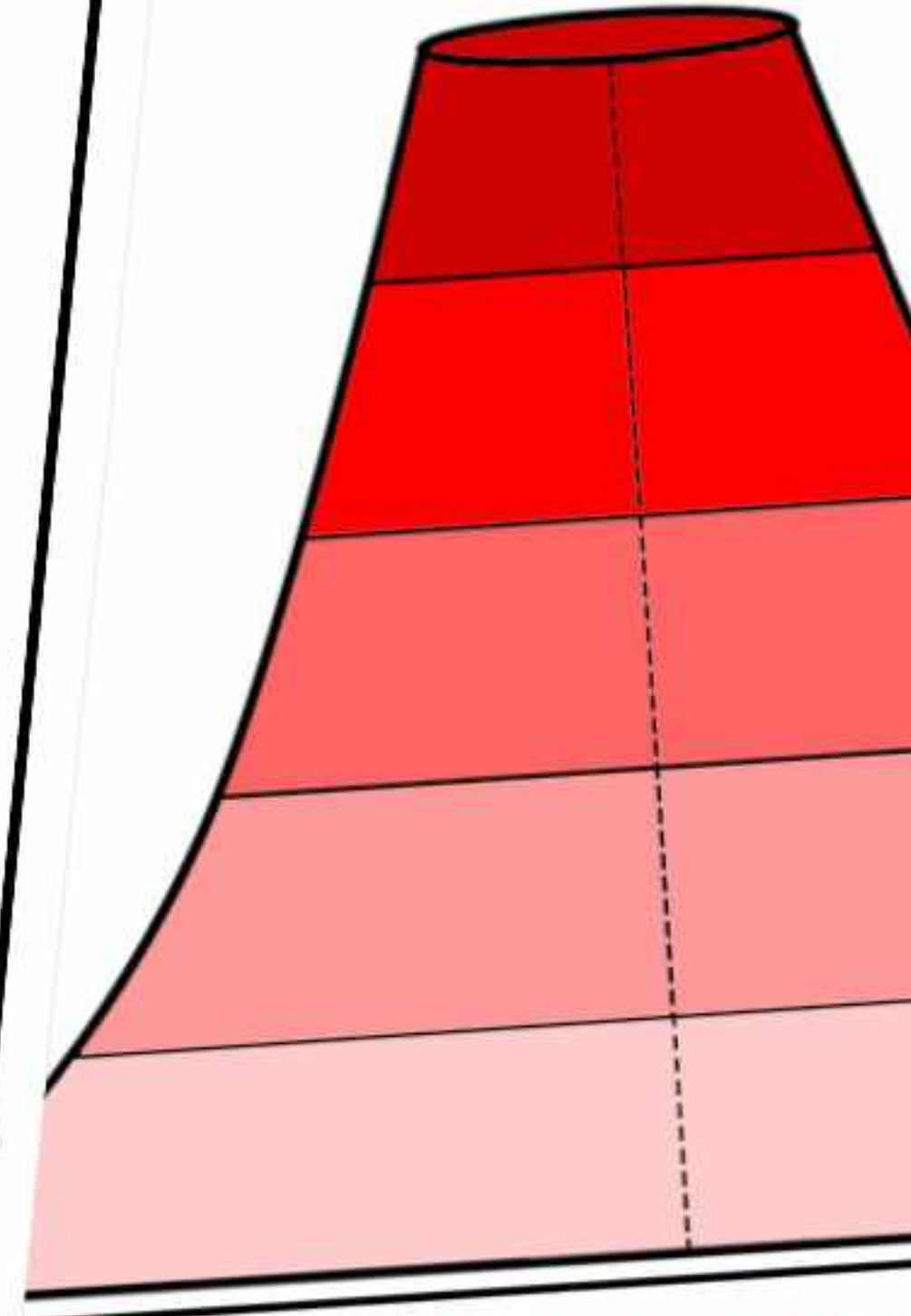
I need to take a break,
so I don't make a decision I will regret.

When I'm angry, I make choices I regret. I can use my strategies to cool down and make better decisions.
Directions: In the volcano or underneath, draw or write about what makes you angry.
In the rain clouds, draw or write what strategies you can use to cool down and relax.



Caroline Koehler

Understanding Emotions
Write what causes upsetting feelings. On the right side, draw or write what strategies you can use to cool down and relax.



EMOTIONAL REGULATION



When I Feel Like a Volcano



Directions: Read the questions and write your answers.

1. Sometimes people get angry. What makes you angry?
2. When you feel angry, what are some physical signs or cues that your body gives you?
3. Imagine you have the power to control the eruption of your anger volcano. What are some strategies you can use to prevent your anger from escalating and "erupting"?
4. What are some of the consequences that happen when you don't manage your anger?
5. What are some positive ways you can express your anger without harming yourself or others?



Caroline Koehler



I can control my choices.

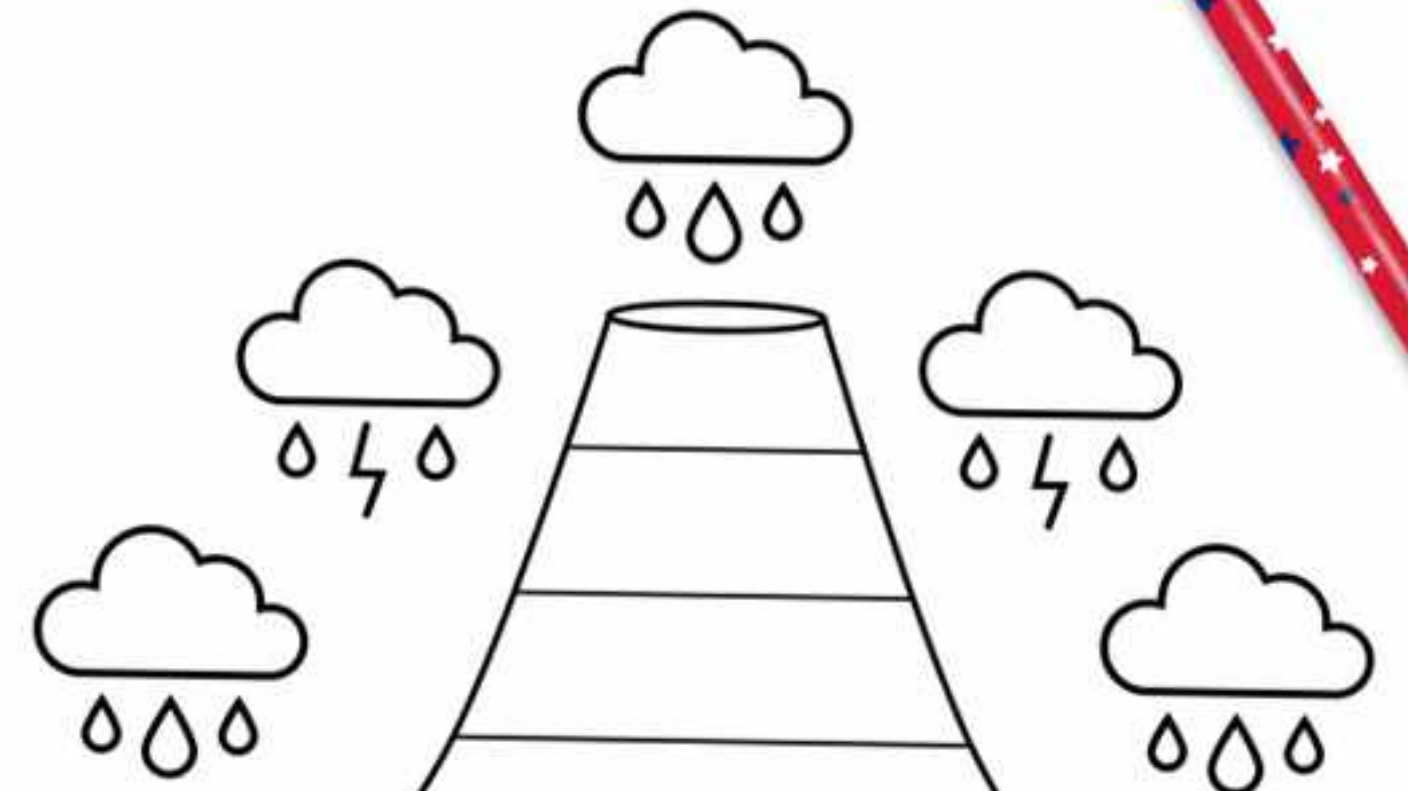


Fill out the columns below. Use your answers to help you understand your behavior.

 Things that make me angry.	 Things that relax me.	 Things that make me happy.

When I'm angry, I make choices I regret. I can use my strategies to cool down and make better decisions.

Directions: In the volcano or underneath, draw or write about what makes you angry.
In the rain clouds, draw or write what strategies you can use to cool down and calm yourself.

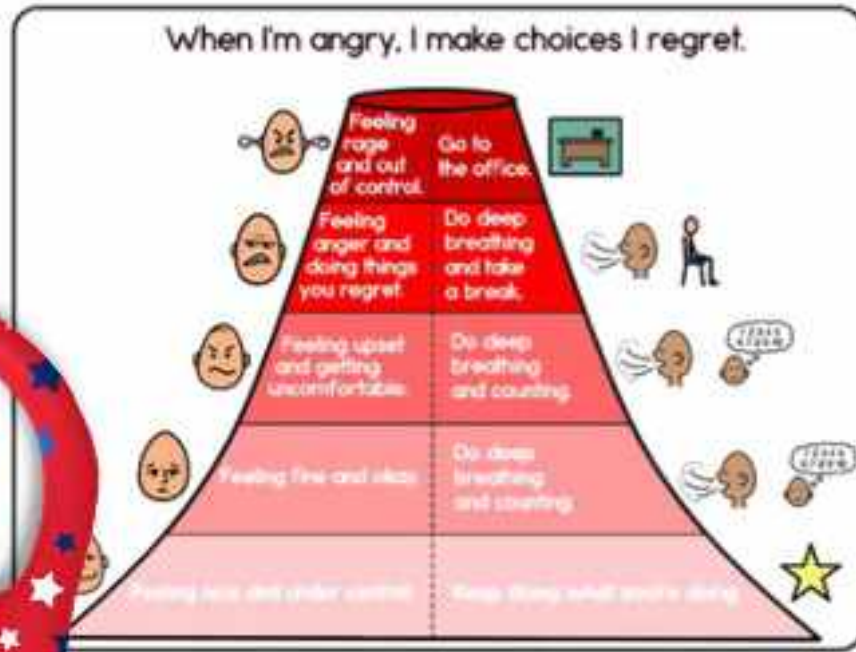


PROBLEM SOLVING WORKSHEETS

the break cards below. Teach your students to use the break cards as an entry
to show to a teacher when they need a break.



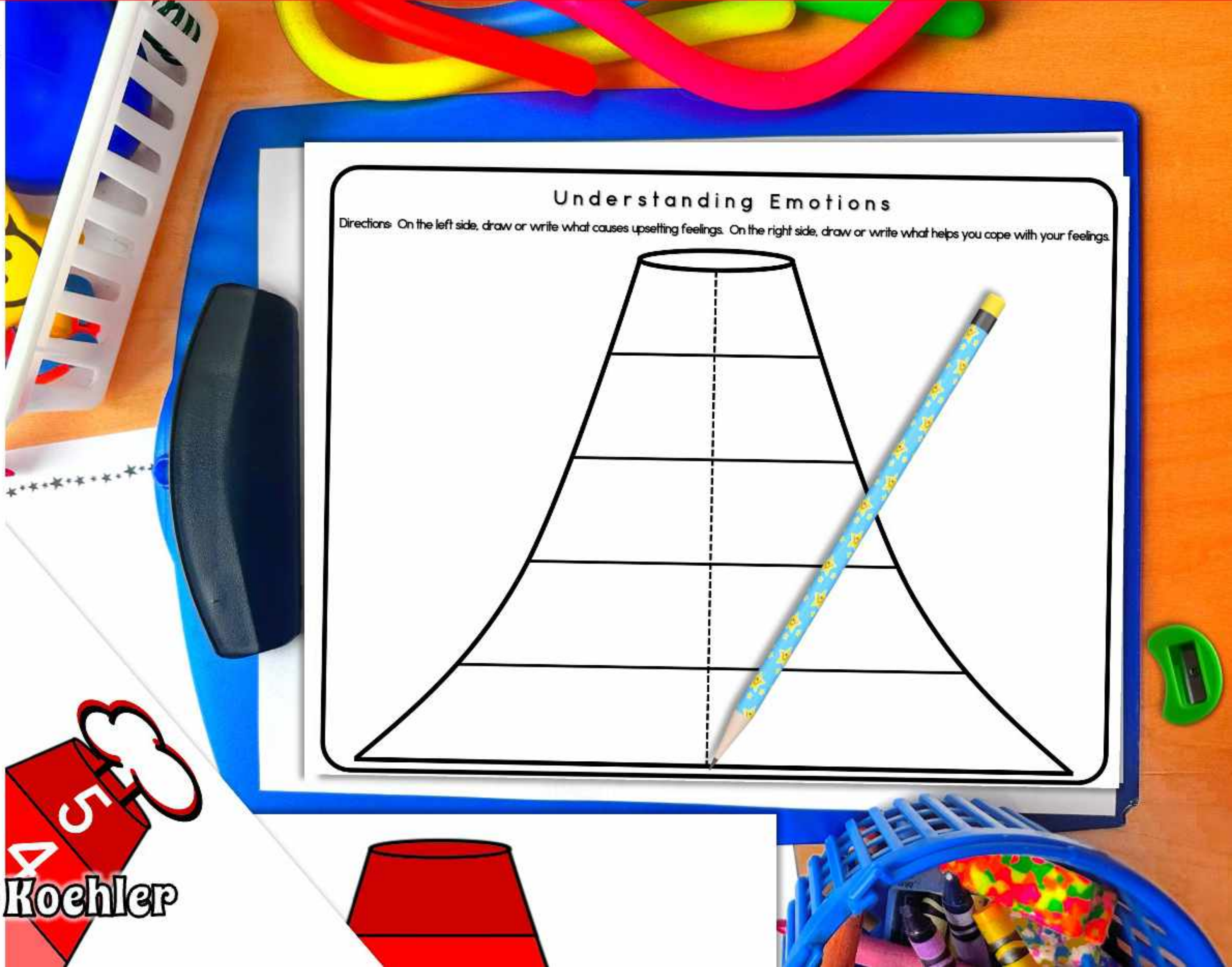
I need to take a break,
so I don't make a decision I will regret.



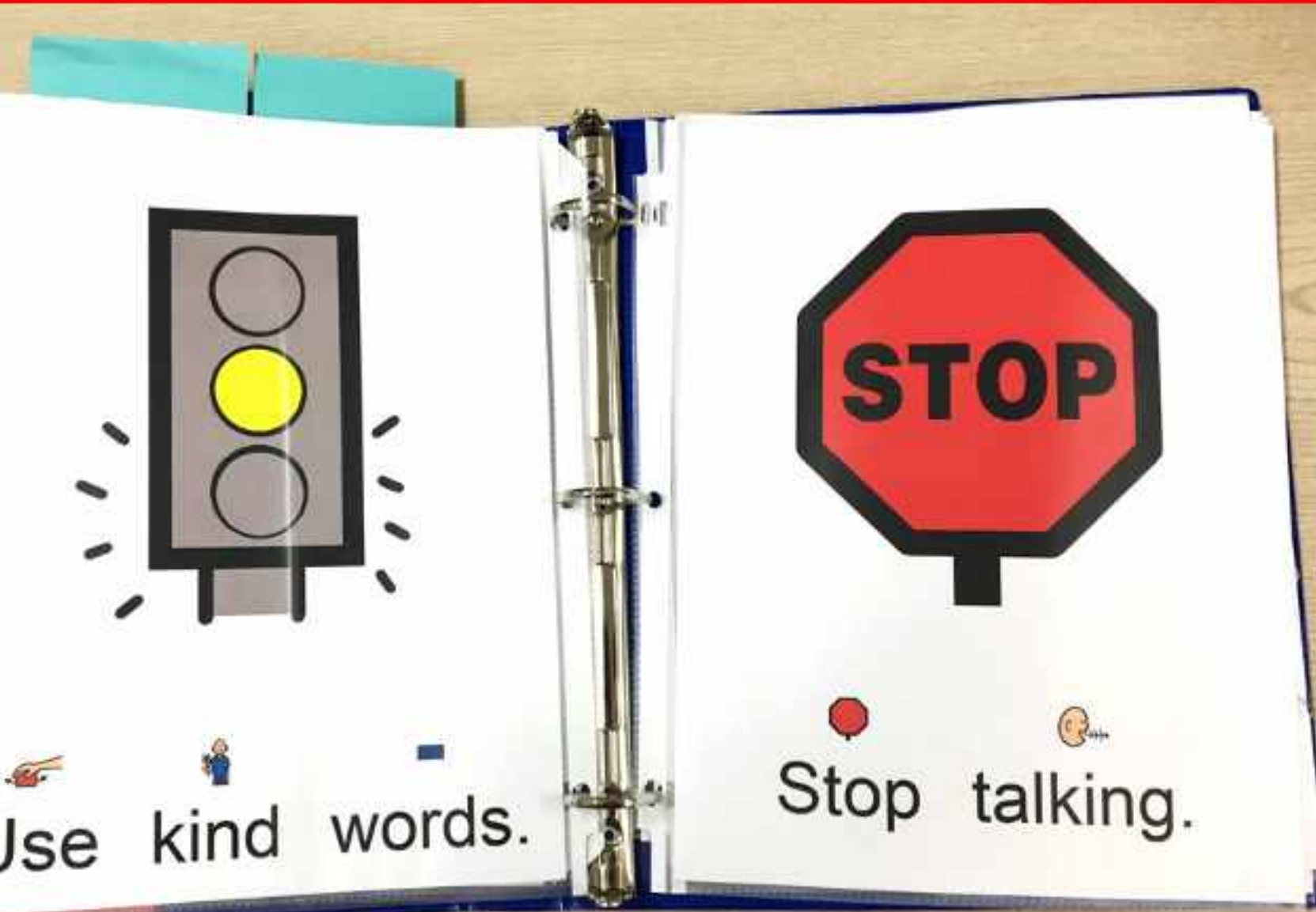
I need to take a break,
so I don't make a decision I will regret.



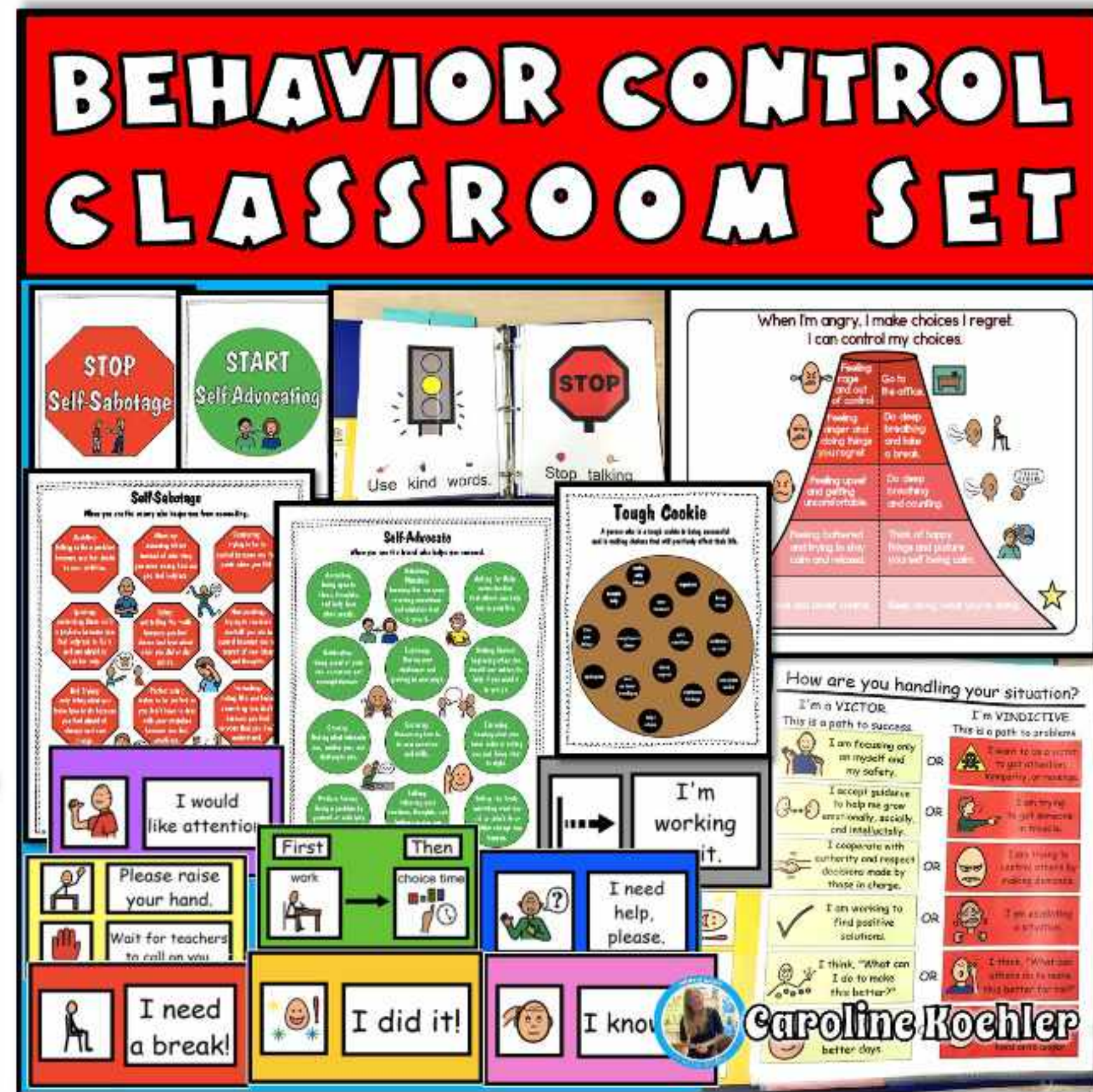
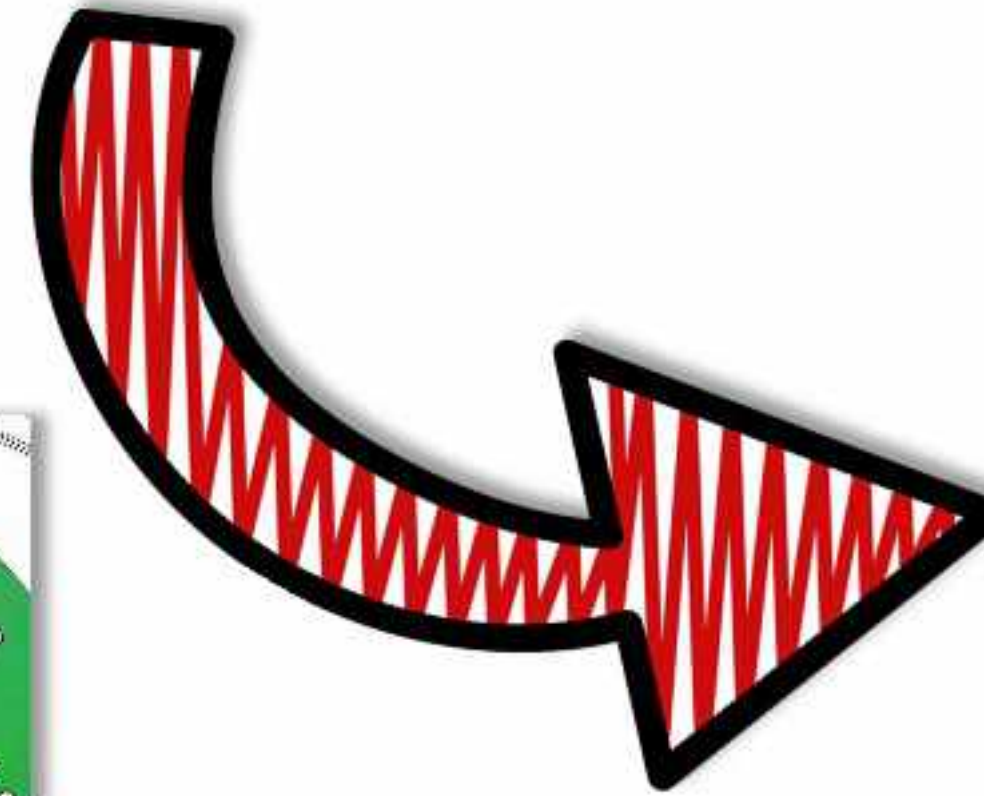
Caroline Koehler



CHECK OUT THE BUNDLE!



Click here to get these visuals and 10+ other behavior tools!



- ✓ SEL Support Visuals
- ✓ Behavior Management Tools
- ✓ SPED and IEP Assistance