

# MY FEELINGS VOLCANO

www.SocialWorkersToolbox.com

ERUPTING

VERY HOT

BUBBLING

WARMING UP

CALM

MY FEELINGS  
HEATING  
UP

## THE RUMBLE BEGINS!

Write or draw signs that show you are starting to get upset.

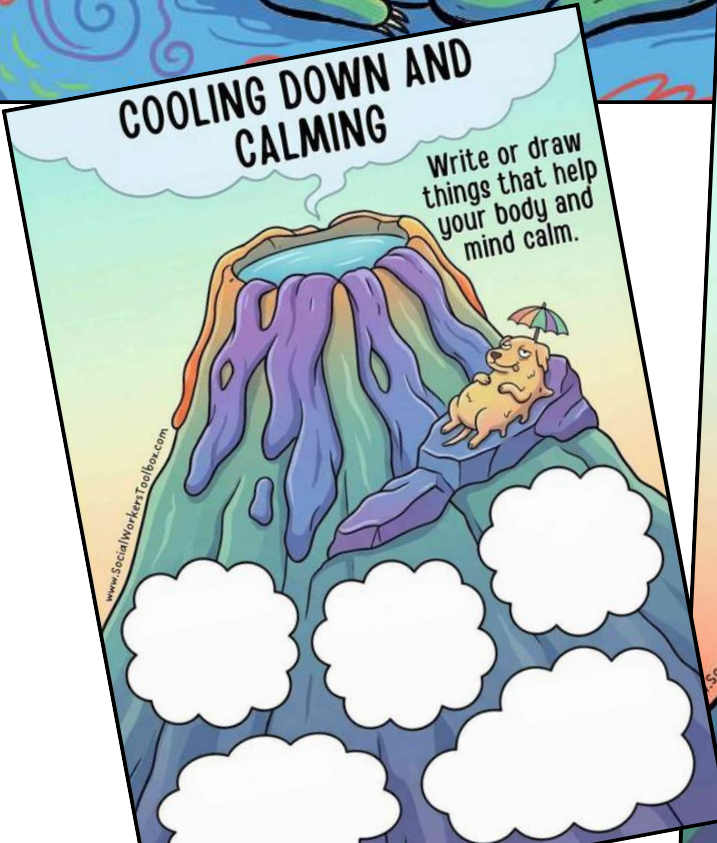
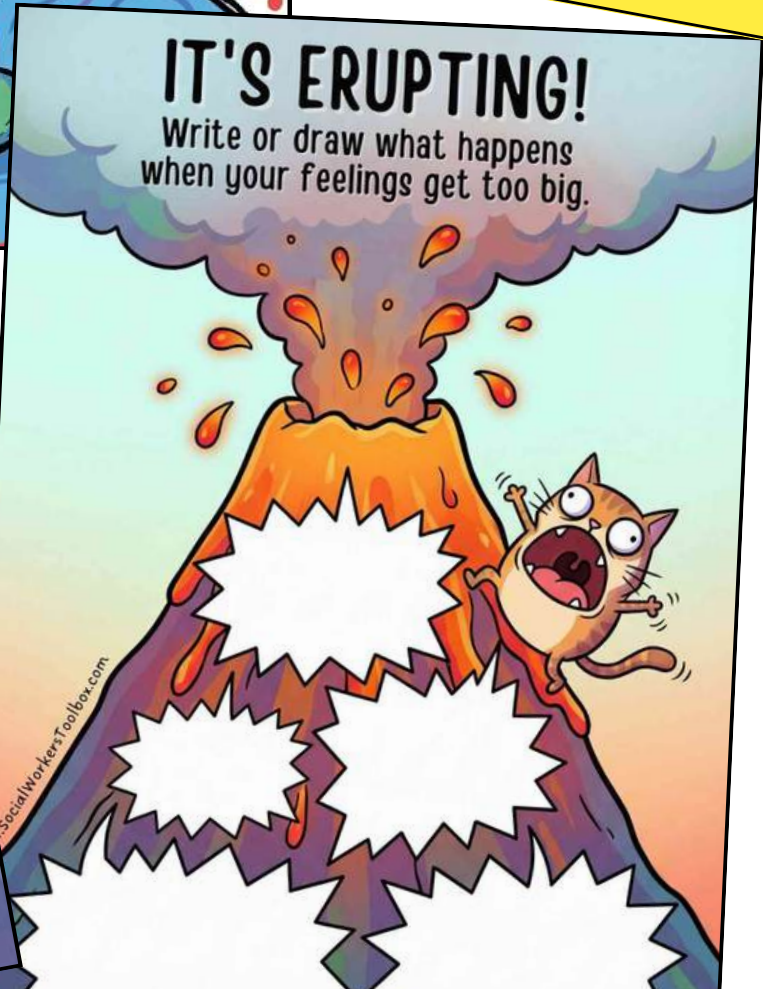
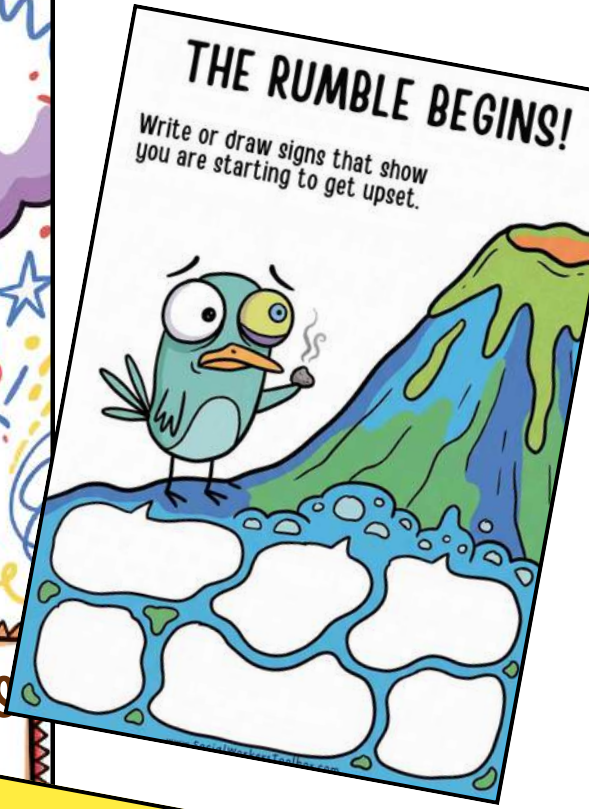
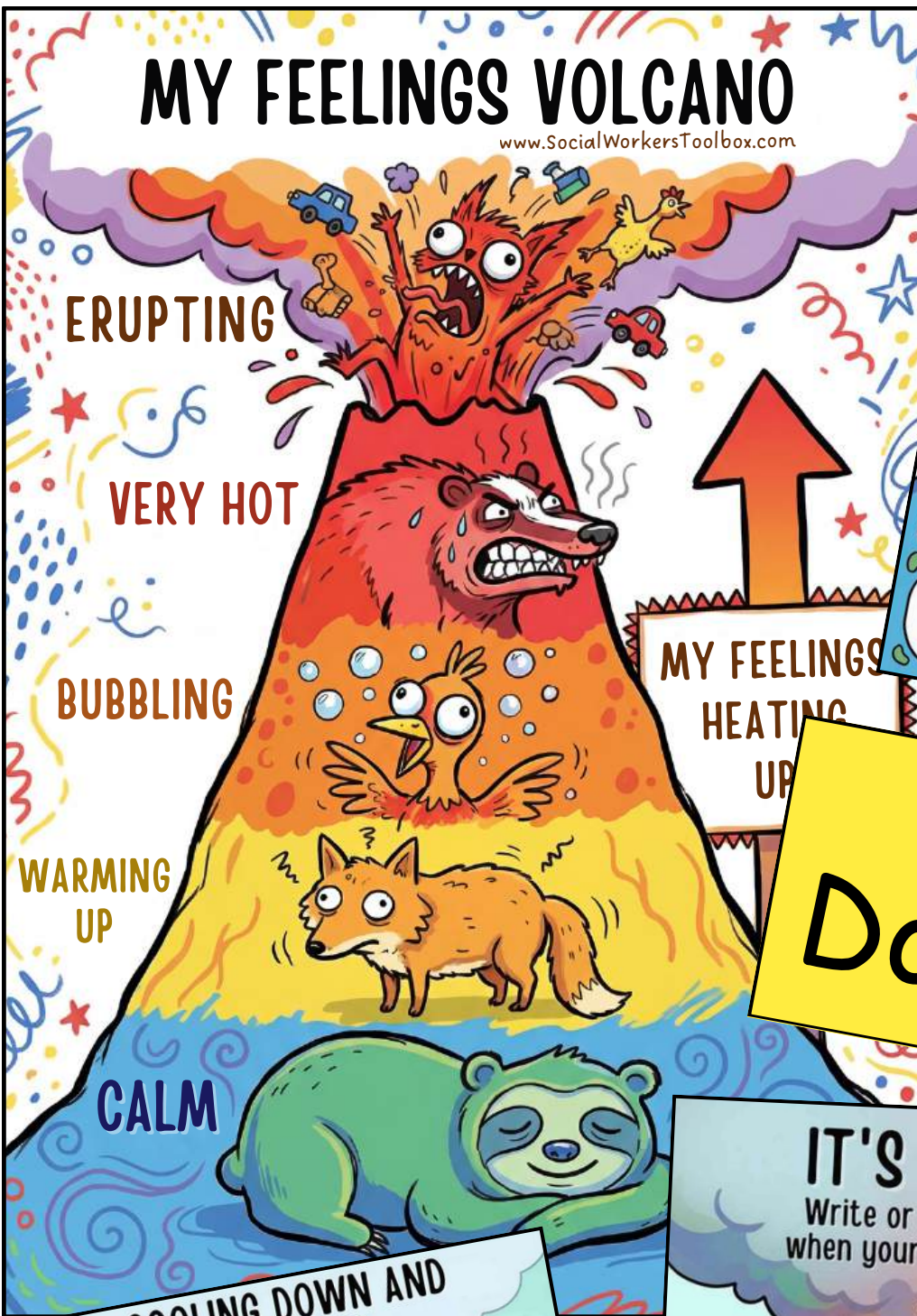
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## IT'S ERUPTING!

Write or draw what happens when your feelings get too big.

## COOLING DOWN AND CALMING

Write or draw things that help your body and mind calm.



# MY FEELINGS VOLCANO

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ERUPTING

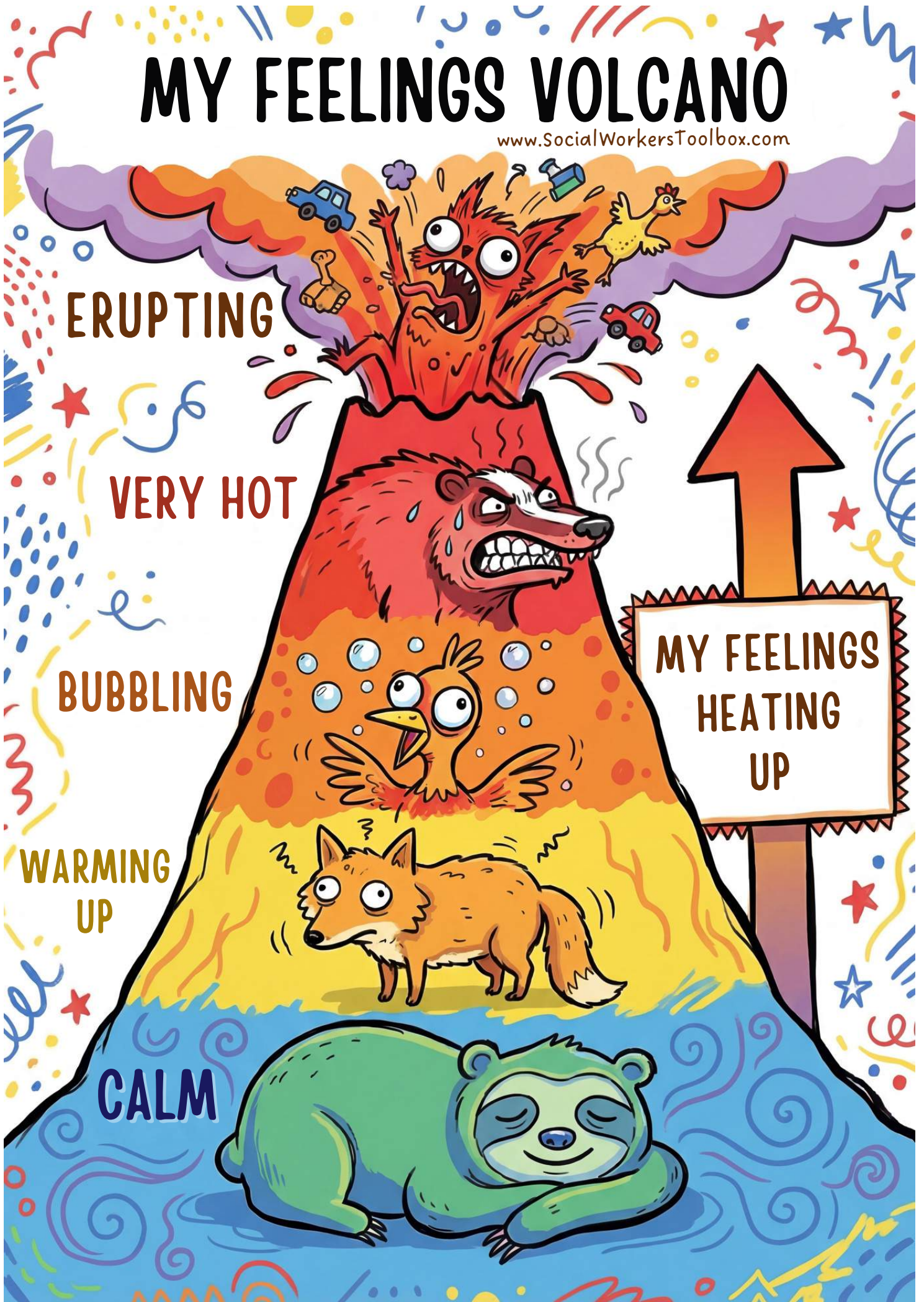
VERY HOT

BUBBLING

WARMING  
UP

CALM

MY FEELINGS  
HEATING  
UP



Colour up to the level that matches how you feel right now.

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**ERUPTING**

**VERY HOT**

**BUBBLING**

**WARMING UP**

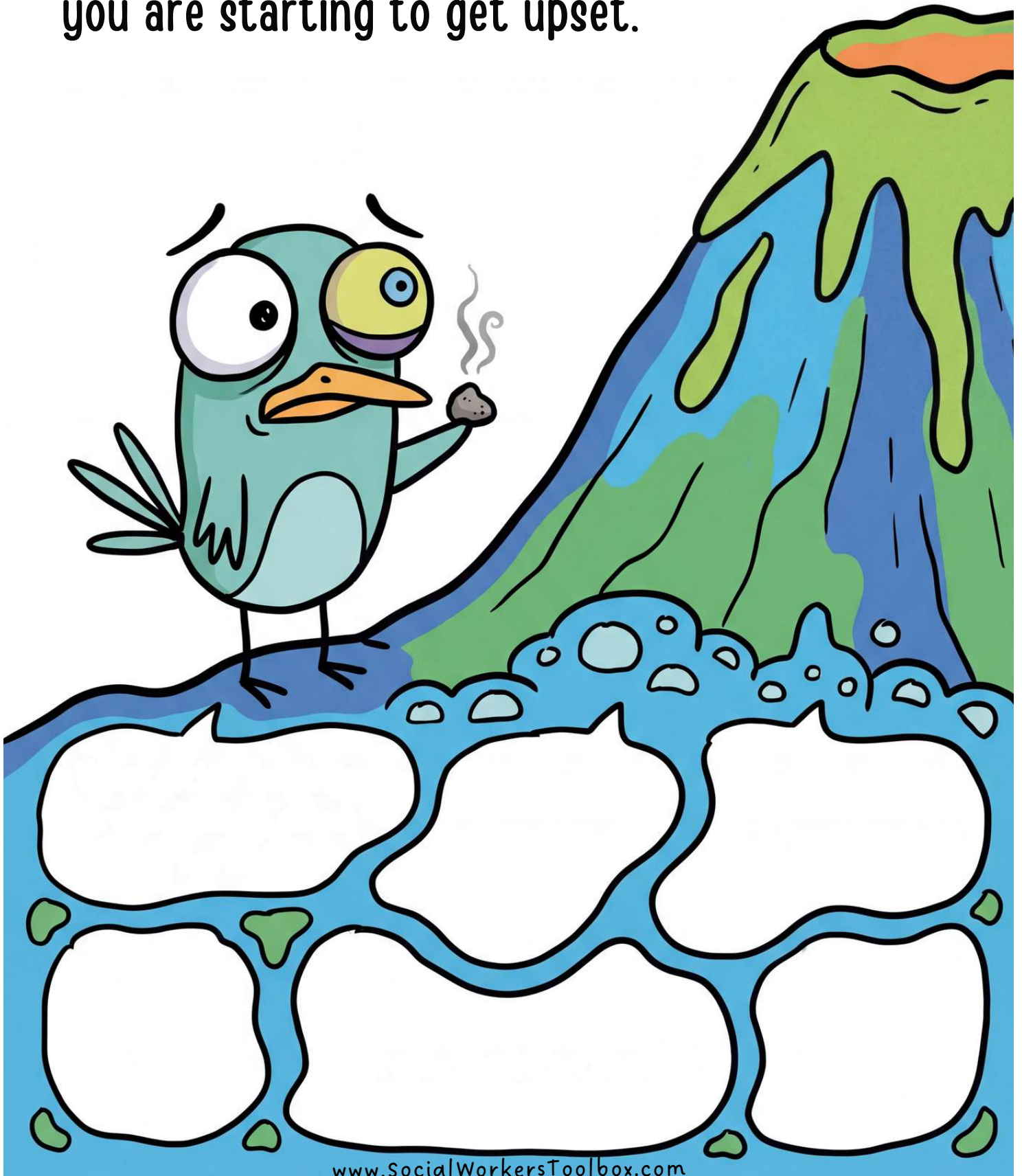
**CALM**

**MY FEELINGS HEATING UP**



# THE RUMBLE BEGINS!

Write or draw signs that show you are starting to get upset.



# IT'S ERUPTING!

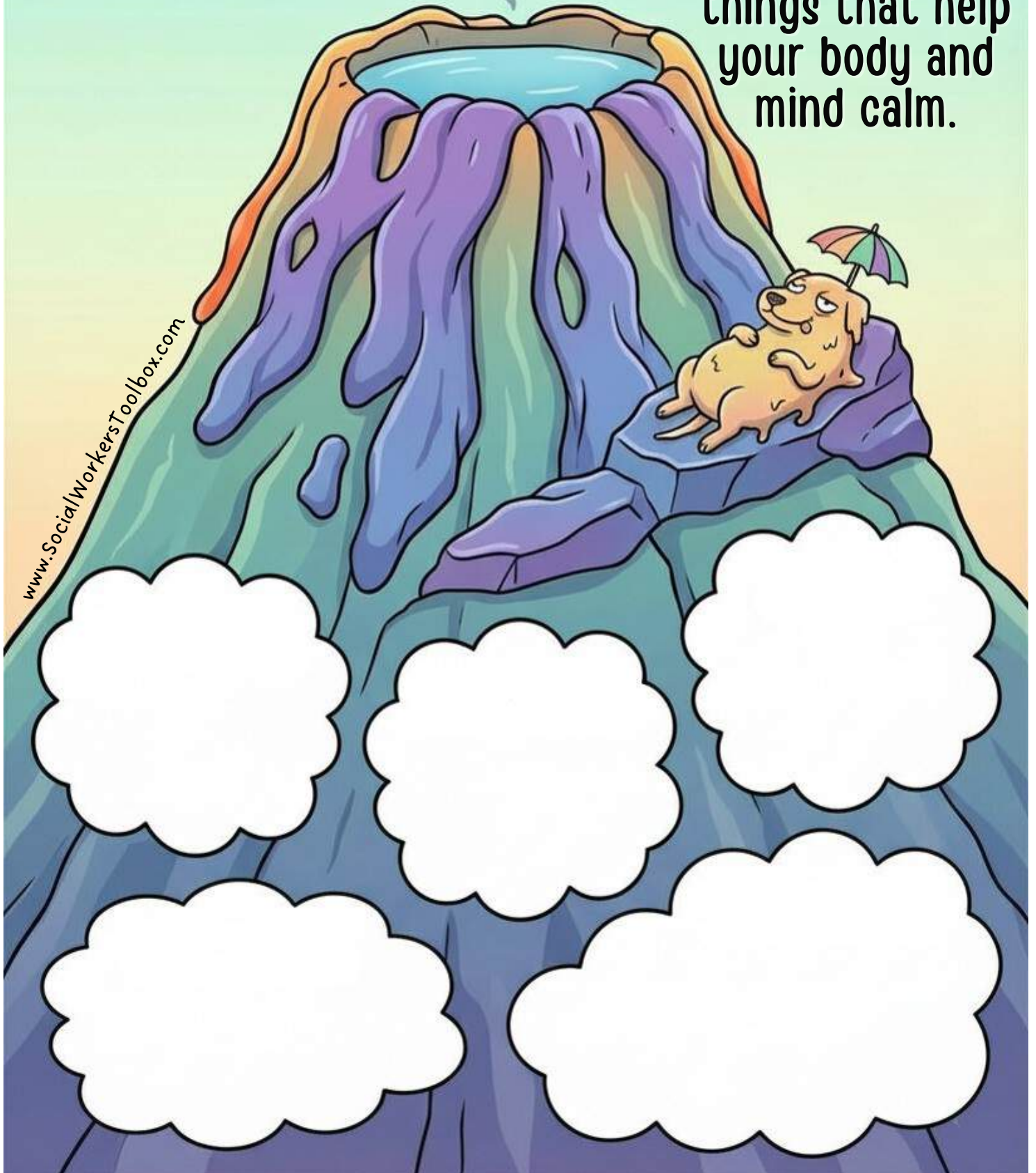
Write or draw what happens when your feelings get too big.



# COOLING DOWN AND CALMING

Write or draw things that help your body and mind calm.

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