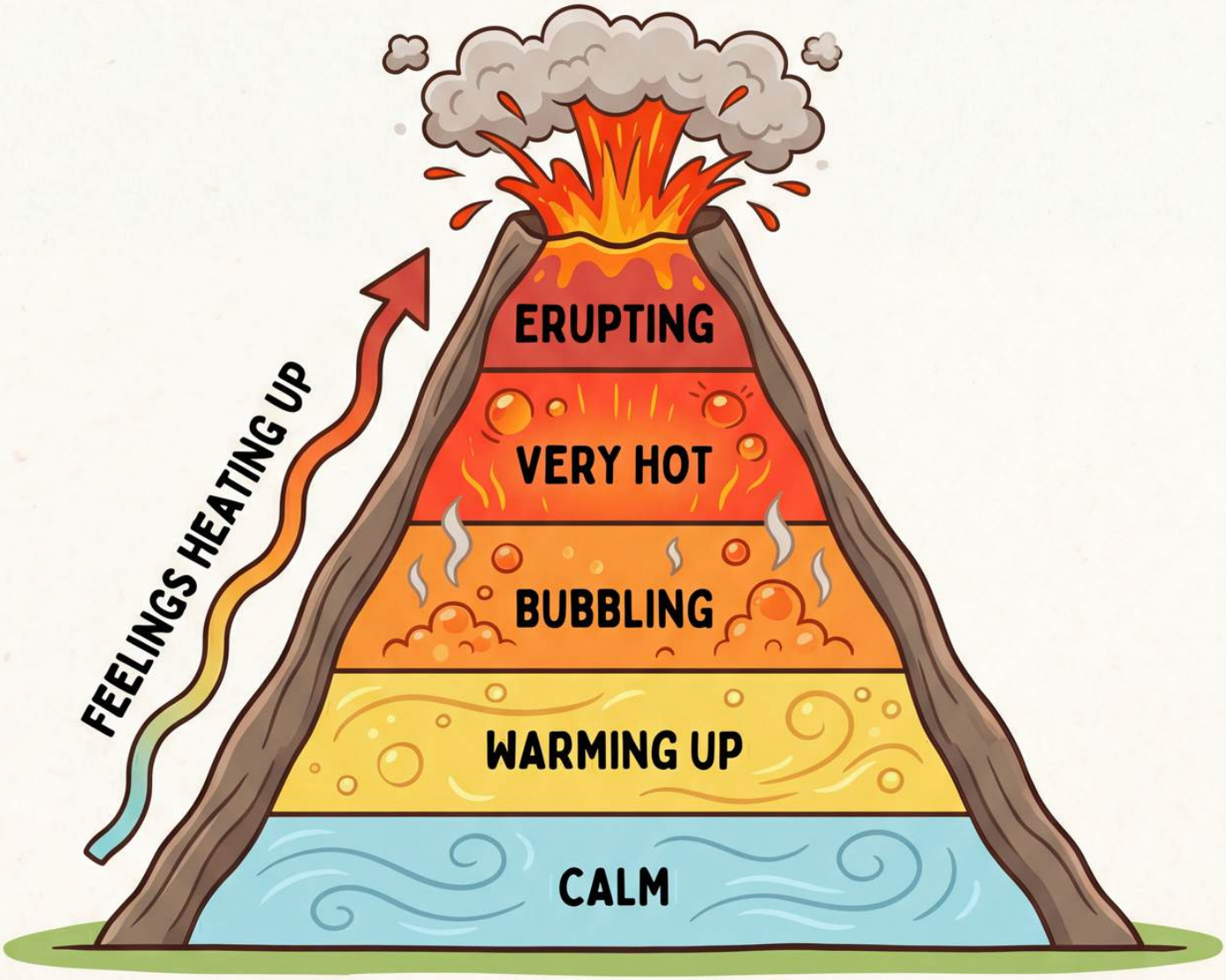
MY EMOTION VOLCANO



1. COLOUR THE LAVA TO SHOW YOUR CURRENT FEELINGS

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

2. WRITE THREE WORDS THAT DESCRIBE HOW YOU FEEL:

1. _____
2. _____
3. _____

COOL DOWN YOUR VOLCANO

1. _____
2. _____
3. _____

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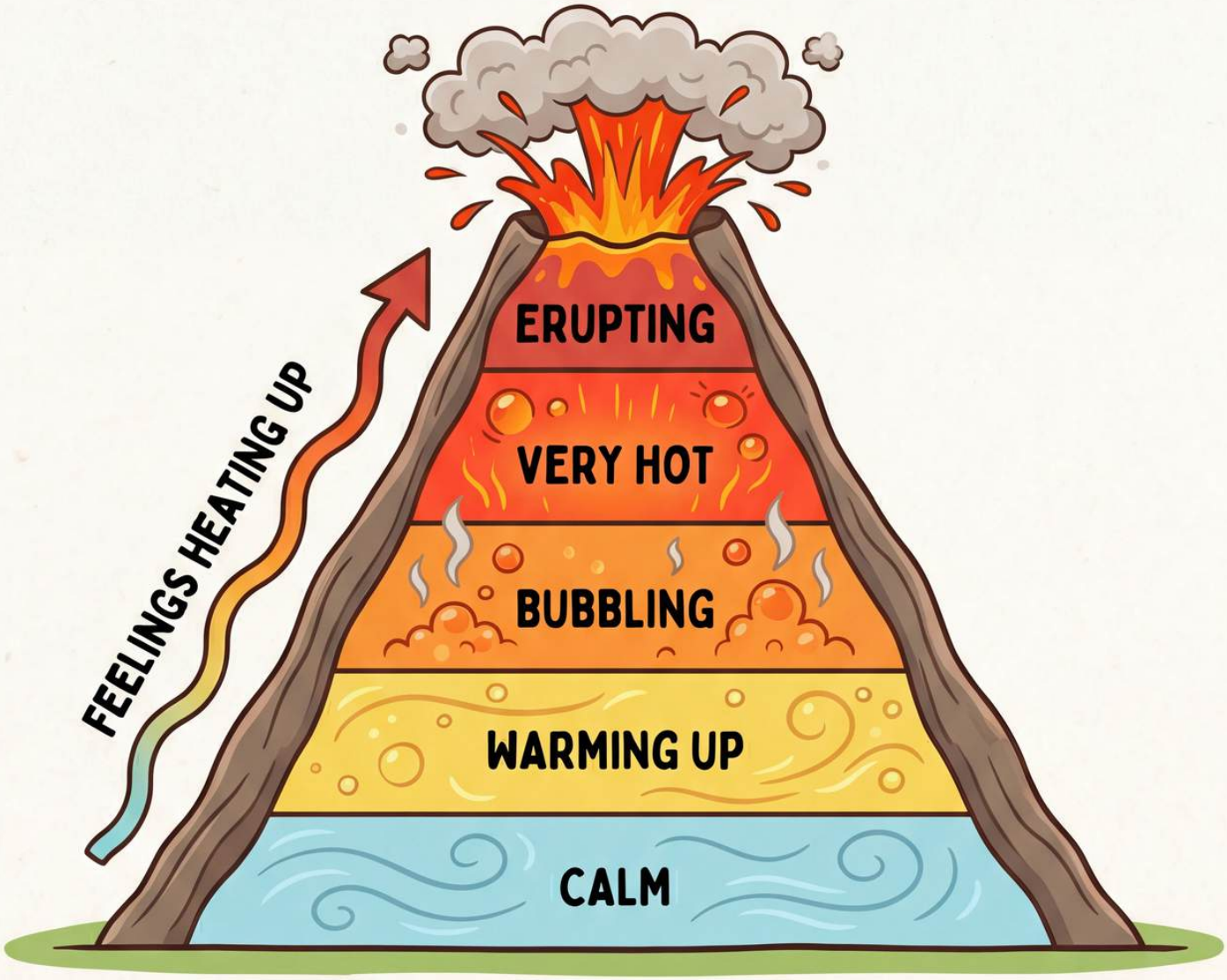

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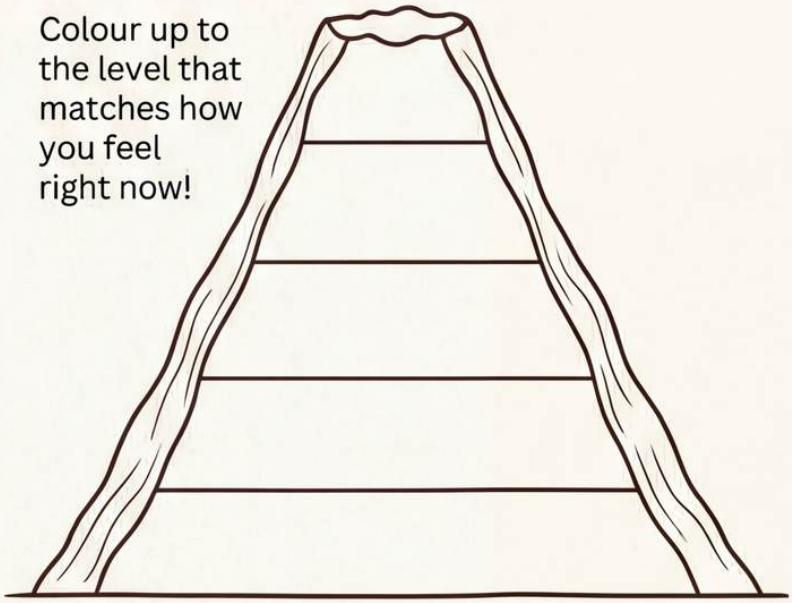


2. WRITE THREE WORDS THAT DESCRIBE HOW YOU FEEL:

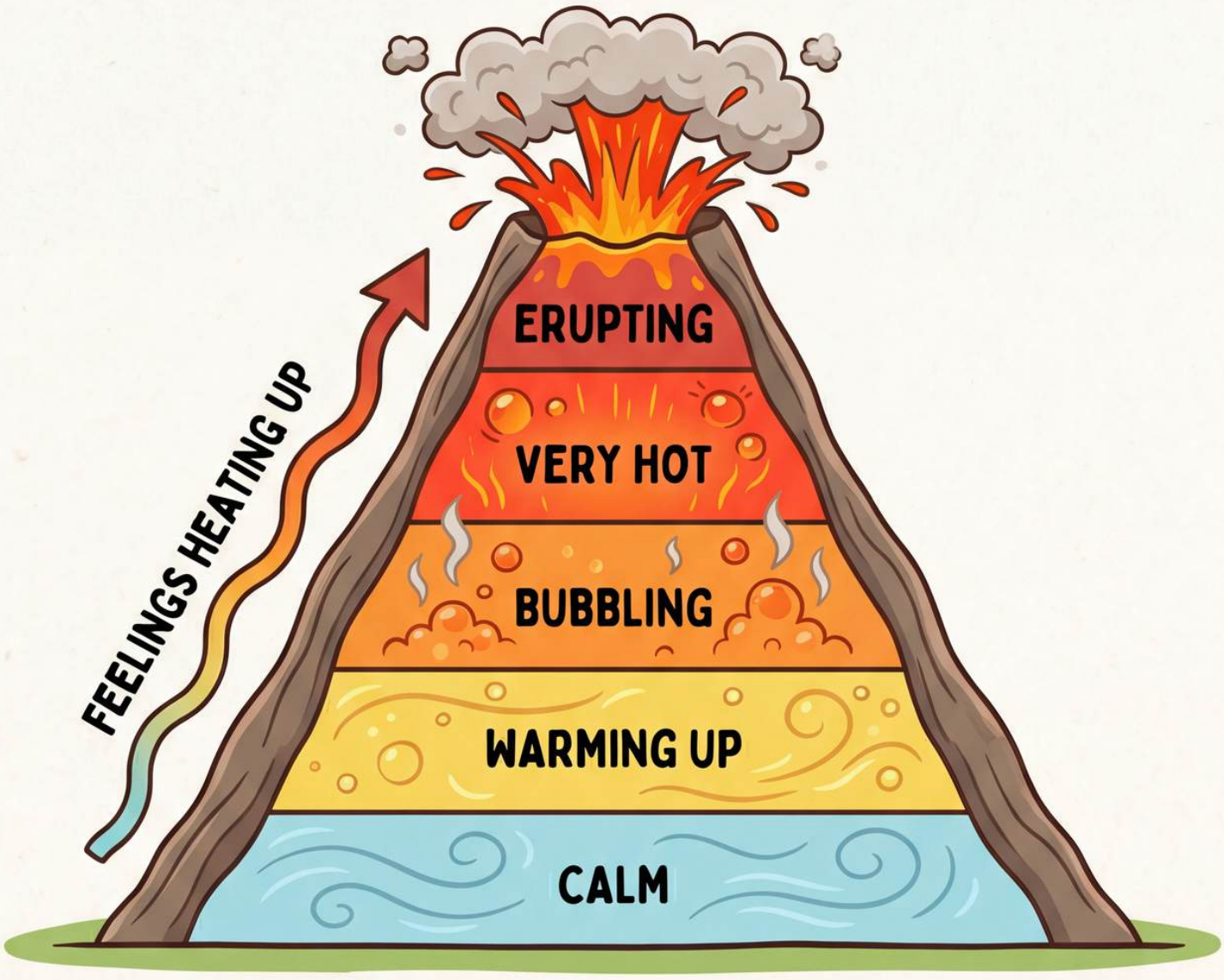
1. _____
2. _____
3. _____

3. WRITE THREE THINGS TO COOL DOWN YOUR VOLCANO

1. _____
2. _____
3. _____

MY EMOTION VOLCANO

Sometimes our feelings can build up inside just like a volcano. When we feel calm, the volcano is quiet. When our feelings warm up, bubble or get very hot, the volcano starts to change. When our feelings get too strong, the volcano can erupt. This sheet helps you notice what is happening inside you.



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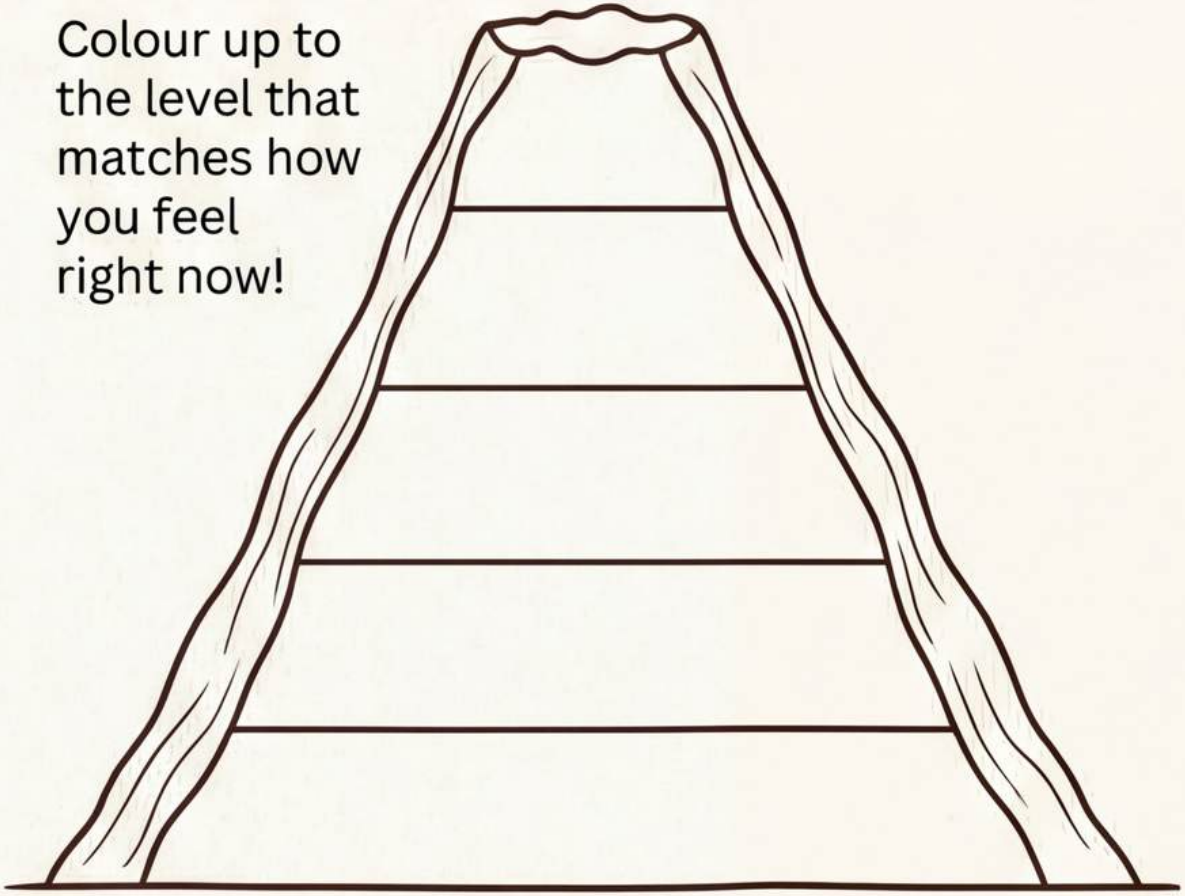

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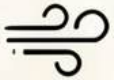
1.  _____
2.  _____
3.  _____

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WWW.SOCIALWORKERSTOOLBOX.COM

About this Resource

This free My Emotion Volcano worksheet is a child friendly, printable PDF that helps children, kids and young people understand how their feelings build up inside, just like a volcano. The activity shows five stages of emotion: Calm, Warming Up, Bubbling, Very Hot and Erupting. The simple visual makes it easier for children who find it hard to explain their feelings with words.

The worksheet encourages children to colour the lava to match their current feelings, write three words that describe how they feel and think of three things that can help cool down their volcano. This supports emotional literacy, self regulation and awareness of triggers, body cues and reactions.

The resource also explains in simple language how emotions can rise from calm to eruption, helping children understand that strong feelings do not come from nowhere. This builds insight into emotions, behaviour and wellbeing, and encourages children to notice early warning signs before feelings become overwhelming.

This tool is suitable for parents, carers, teachers, social workers, therapists and other professionals. It can be used in direct work, emotional wellbeing sessions, behaviour support, therapy, early help, life story work or classroom activities. It supports children to talk about emotions, build coping skills and explore healthy ways to manage anger, stress or anxiety.

This downloadable PDF is ideal for anyone searching for feelings worksheets, emotional regulation printables, anger management tools for kids, coping skills resources or activities that help children explore emotions, behaviour and mental health in a clear and accessible way.