A Volcano In My Tummy

Helping Children to Handle Anger

A RESOURCE BOOK FOR PARENTS, CAREGIVERS AND TEACHERS

Warwick Pudney and Éliane Whitehouse

NEW SOCIETY PUBLISHERS

LESSON ONE

A Volcano In My Tummy

Age Level: 6 yrs. +

Teaching Strategy: Whole class discussion
Individual activity

Key Concepts: Anger is an emotion.
Anger is good, it's healthy, it's normal.

Materials:

- Pictures of angry people (optional)
- Worksheet – *Do You Have a Volcano In Your Tummy or Explosions in Your Head?*

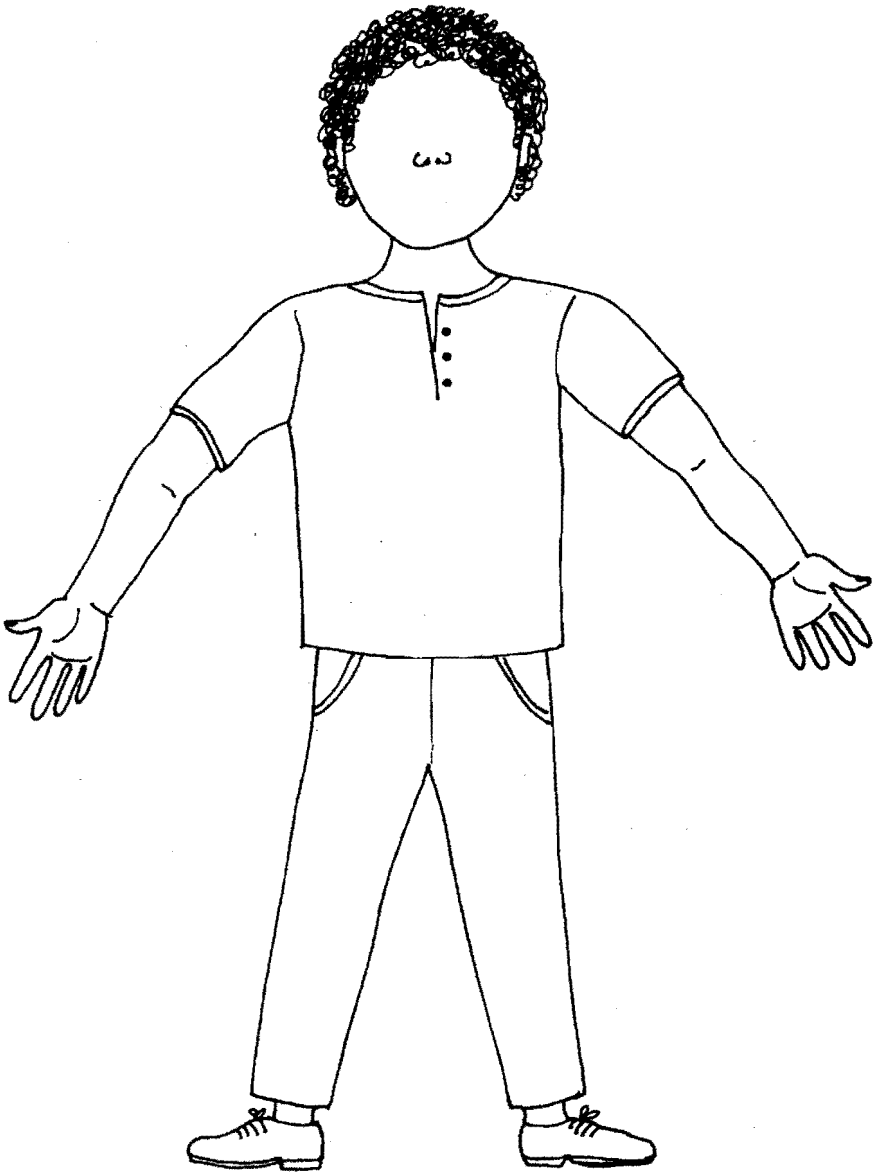
Procedure:

1. Have your students sit in a circle and briefly review the guidelines for circle discussions.
2. Show a picture of someone who looks very angry (or model an angry person by assuming an angry stance and making an angry face). Ask: *How do you think this person is (I am) feeling? How can you tell?*
3. Discuss the physical manifestations of feeling anger. Ask: *How do you think this person is feeling inside her head? in her stomach? what are her hands doing?* Ask your students to show how they look when they are angry.
4. Discuss the universality of the anger emotion. Ask: *Do you think everyone feels angry sometimes?*
5. Go around the circle so that everyone has a turn to tell what happens to their bodies when they feel angry. Encourage your students to focus on how they *feel* when they are angry, rather than on what they *do*.
6. Wrap up the circle time by writing a class definition of anger. For example: *Anger is an emotion that everyone feels. It's OK to feel angry.*
7. Use the worksheet on p. 21 as an individual activity or ask your students to draw and label a picture of how they look when they are angry. (You may wish to brainstorm a list of words that students will need to label their pictures.)

Date _____ Name _____

DO YOU HAVE A VOLCANO IN YOUR TUMMY OR EXPLOSIONS IN YOUR HEAD?

When we feel angry, things happen to our bodies. Draw what happens to you. Label your picture, e.g. red face



LESSON THREE

Are You a Volcano?

Age Level: 6 yrs. +

Teaching Strategy: Whole class discussion
Individual or small group activity

Key Concepts: Power or control tactics which frighten people are abuse.
Abuse can be physical, verbal, sexual, emotional or to property.
Violence and abuse is behavior. It can be learned and unlearned. It is not OK.

Materials:

- Worksheet – *Are You a Volcano?*

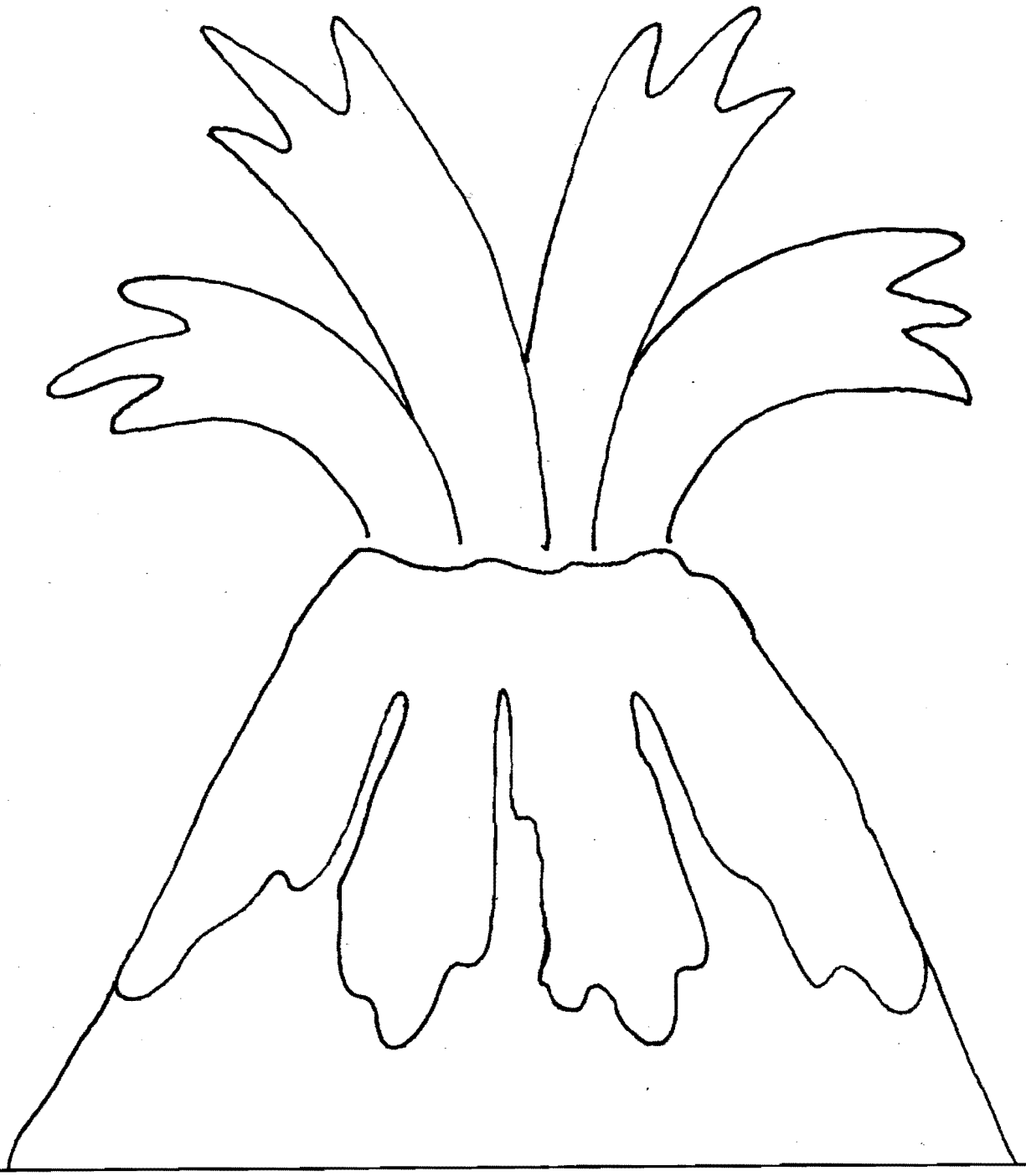
Procedure:

1. Review the key concepts from the previous lessons.
2. Ask whether the students have ever felt frightened by someone's anger or have felt their own anger as an explosion. Read and discuss the story that inspired the title of this resource:

   My brother said I hit him,
   but I didn't.
   My father growled at me.
   I got mad at Dad.
   When I get angry it's like
   I've got a volcano in my tummy.

3. Discuss violent or destructive ways that anger is sometimes expressed. What sort of things are said? What abusive behaviors are sometimes displayed? List all ideas that students suggest. Talk about the term *abuse*. Establish through discussion that words and behaviors that hurt others or ourselves is abuse; that abuse is behavior, not emotion. Establish the difference between feeling angry (which is OK) and abusive behavior (which is not OK). Discuss the damage that is caused by abusive behavior.
4. Distribute the worksheet on p. 25 for completion individually or in small groups.

Date _____ Name _____

ARE YOU A VOLCANO?

Print words on the flames of the volcano to show what happens during an explosion of anger. Print words on the lava flow to show what damage can result.