

Anger Volcano Worksheet

Name: Alex Dunlop

Age: 8

Date: Feb 29, 2024

Name of Parent/Guardian: Claire Dunlop

Instructions for Use:

1. Start by filling in the base of the volcano, beginning with Stage 1 and moving up to Stage 3.
2. Then, fill in the Eruption section to describe what happens when your anger erupts.
3. Answer on the "After the Eruption" section to understand your feelings and find ways to manage your anger next time.
4. Review the worksheet with a parent, teacher, or therapist to discuss your feelings and find ways to manage anger.

Eruption – What things do you do when your anger erupts?

I start shouting and ruffle my own hair
sometimes walk out of the room because I can't handle the frustration
I sometimes insult people

Stage 3 – Signs that your anger is about to erupt:

I raise my voice, I frown, I clench my hands

Stage 2 – Feelings you have as the anger builds up:

I am frustrated when adults dismiss my ideas or talk down to me.

Stage 1 – Small things that start to bother you:

I am annoyed when my ideas are not listened to.

After the Eruption

How do you feel after your anger has erupted?

I feel sad and guilty for shouting, but still upset that I wasn't heard

What can you do next time to control or reduce your anger before it erupts?

Next time, I can try to explain calmly why my ideas are important or take a few deep breaths before responding

Parent/Teacher/Healthcare Professional Additional Notes and Recommendations

Alex is usually well-behaved and intelligent but struggles with feelings of frustration when ignored or talked down to. Working on communication skills and emotional regulation techniques could be beneficial.