

Anger Volcano Worksheet

Name: _____ Age: _____

Date: _____ Name of Parent/Guardian: _____

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?

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

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

Stage 1 – Small things that start to bother you:

After the Eruption

How do you feel after your anger has erupted?

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

Parent/Teacher/Healthcare Professional Additional Notes and Recommendations