



# My Feelings Volcano


Colour in the section of the volcano that best describes how you feel.

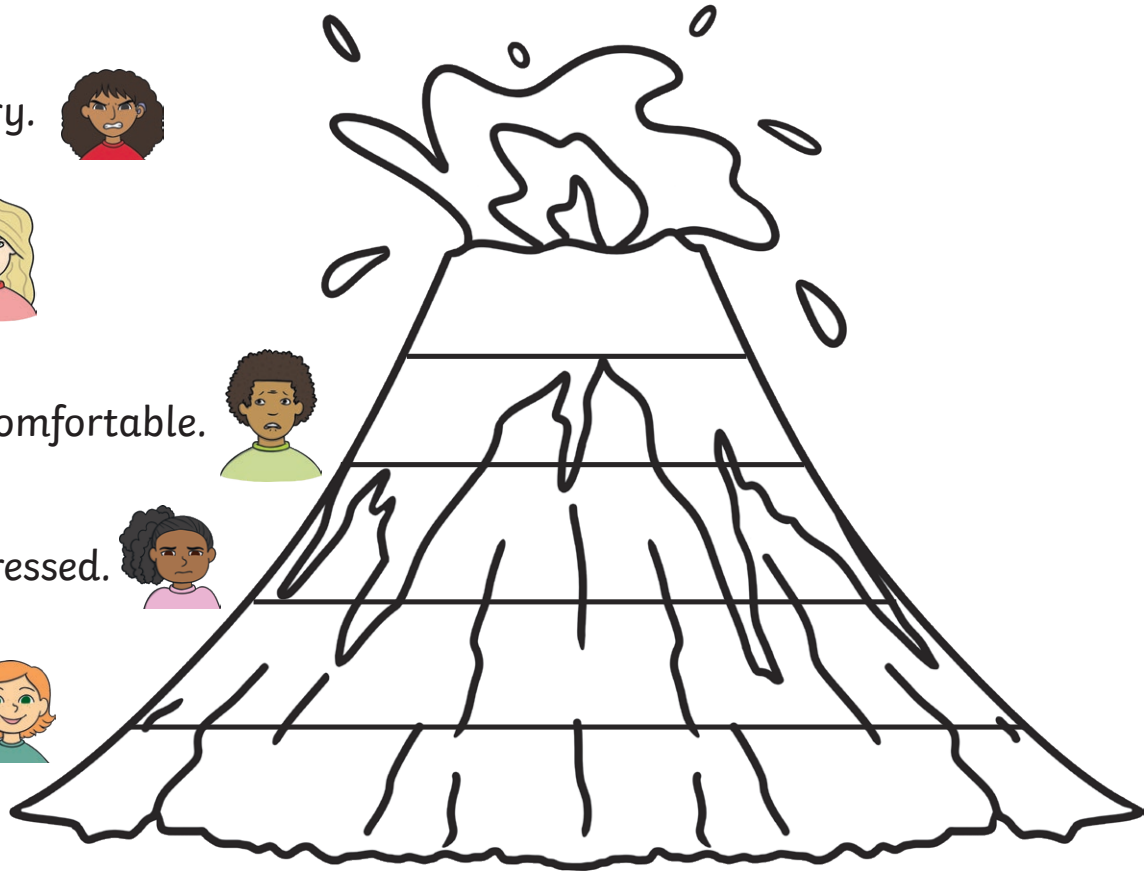
**5** I'm very angry. 

**4** I'm cross. 

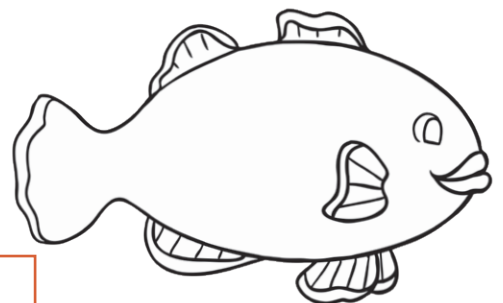
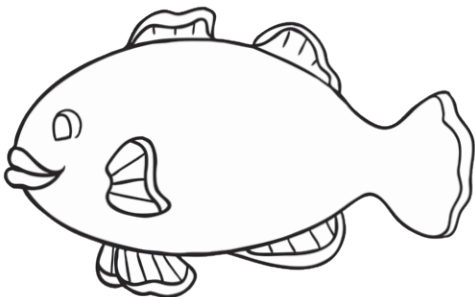
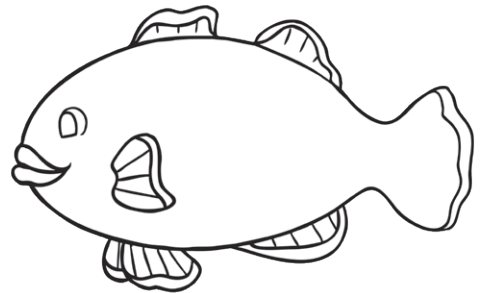
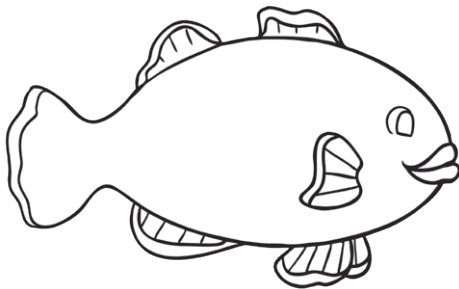
**3** I'm quite uncomfortable. 

**2** I'm a little stressed. 

**1** I feel calm. 



Write down some ideas about how you can try to keep calm.



Think about how each stage might ...

look



feel



sound

