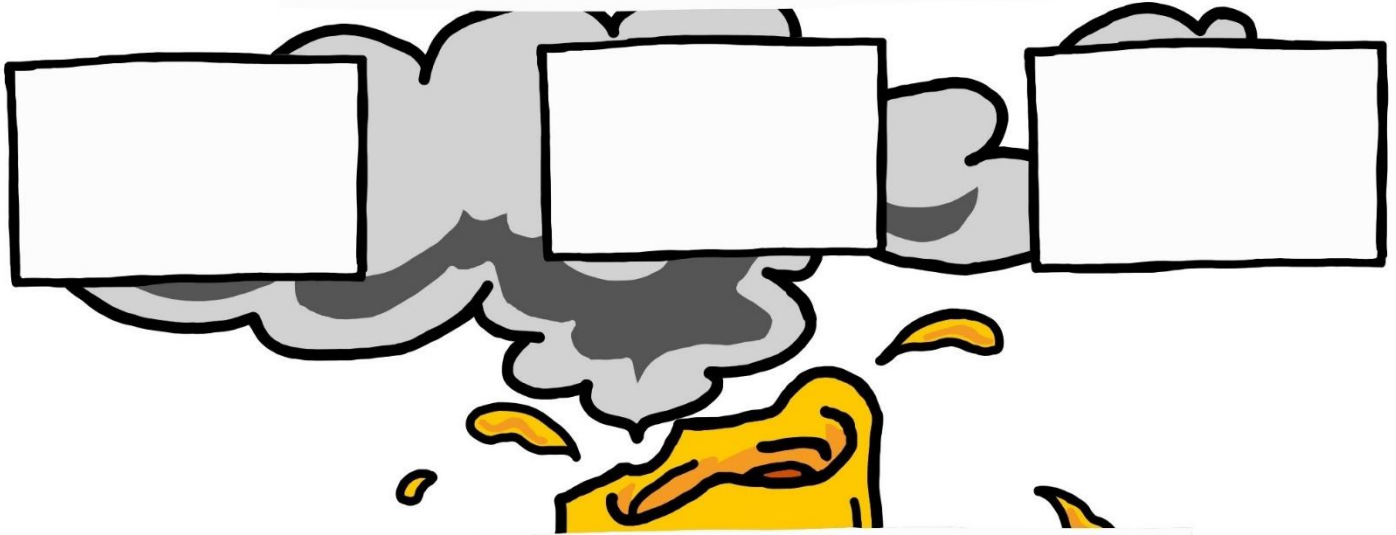


THE ANGER VOLCANO

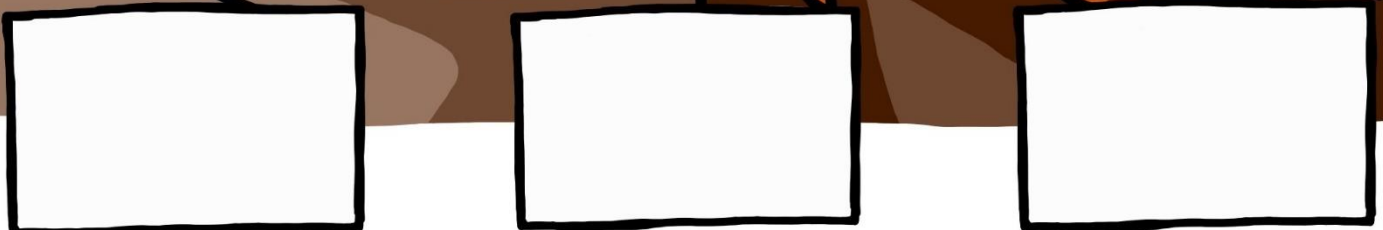
OUT OF CONTROL



ANGRY BUT IN CONTROL



GALM AND RELAXED



ME

BEHAVIOUR

OTHERS

THE ANGER VOLCANO

Instructions:

Use this worksheet to think about the stages of becoming out of control: from when you are feeling relaxed and calm to when you are exploding with emotion and not in control of your body.

Write down what your **behaviour** looks like when you are in each of the three stages in the middle boxes (called 'behaviour'). For example, when you are calm and relaxed you might be playing a game you enjoy, when you are angry but in control you might become restless and tensing your face and making fists with your hands and when you are out of control you might be shouting and hitting.

Next, write down what **you** can do when you are in each of these stages in the left-hand boxes (called 'me'). In the first stage write what you can do to keep you calm and relaxed, for example do something you enjoy such as reading a book or watching TV. In the second stage, write down what you can do to help you calm down and get back into the relaxed stage to distract your mind, such as go jump on trampoline, run around the garden, eat a piece of cake. In the third stage, write down what you can do to keep yourself safe when you are out of control, this could be going to a sensory corner with a beanbag that you can hit without hurting yourself.

Finally, write down what **other people** can do when you are in each of the three stages in the boxes on the right-hand side (called 'others'). For example, in the first stage – calm and relaxed, other people could talk to you in a kind tone and help you with what you need to get done. In the second stage – angry but in control, other people could encourage you to go to a quiet corner with some sensory toys to decompress. In the final stage, where you are not in control of your body, other people can take actions to make sure that you are safe and will not hurt yourself and others, for example they could make the area around you safe.

This worksheet can be used as a plan, to help you manage your explosions of emotion and help you recognise what your behaviour looks like when this might happen, as well as what you and others can do to prevent this.