



## **Don't Become Human Volcano**

If You're About to Erupt:

- Think - what happened?
- Feel – name the emotion
- Respond – choose appropriate reaction

At WINGS we tell the kids that sometimes people are like volcanoes. We can feel our emotions so strongly, it's like an eruption. When your emotions erupt, you lose control – and that can get you into trouble.

What we teach them is a three-step process for regaining control.

- First you need to think about the situation: what happened, what did you do, what is going on?
- Then you need to realize how you feel: name your emotions, what's going on inside of you?
- Lastly, you need to use the information you came up with while thinking and feeling to choose the most appropriate reaction.
- 

Learning to control our emotions is an ongoing effort, and we help the kids think about and practice making better choices. We tell them that when they are choosing how to react, they need to make the decision that is appropriate for the particular situation and will lead to having a better day. It's useful to get them to think about these situations in advance, so we ask them to think of a time when they didn't manage their emotions very well and let the volcano erupt. How could they have handled the situation differently and had a better day as a result?

We tell them: Don't let yourself become a human volcanic eruption! Try your best to think before you react so you can control your emotions.