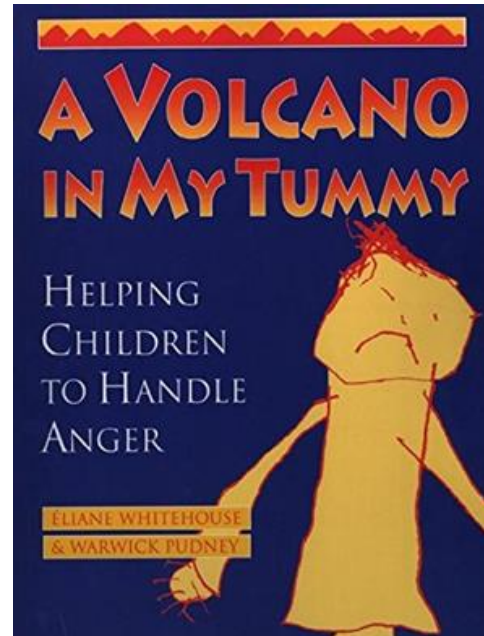


A volcano in my tummy

This book aims to help children:

- To be aware of when they become angry in the early stages so that they have some choices about what they do with the feelings.
- To distinguish between emotions and behaviour.
- To find whether they really need to be angry.
- To learn how to take Time Out and keep safe.
- To learn alternatives to physical and verbal violence and express themselves positively and assertively.
- To take advantage of anger as a motivator for change.
- To identify recycled or dirty anger and personal triggers.
- To discover the ways, they have learned to express anger and to choose new ones.
- To learn how to handle other people's anger.
- To develop their self-esteem.
- To learn how to deal with authority.



'A volcano in my tummy' is a book by Éliane Whitehouse & Warwick Pudney that teaches children, teachers and schools that anger is a healthy emotion to have. The book is designed for teachers, parents and caregivers to encourage children to see their anger and to deal constructively with it. It gives activities, stories, articles, games and lessons which can be easily adapted for home to help the child build an understanding of anger and how to deal with it appropriately.

Notes:

