My Feelings Volcano

I am feeling right now...

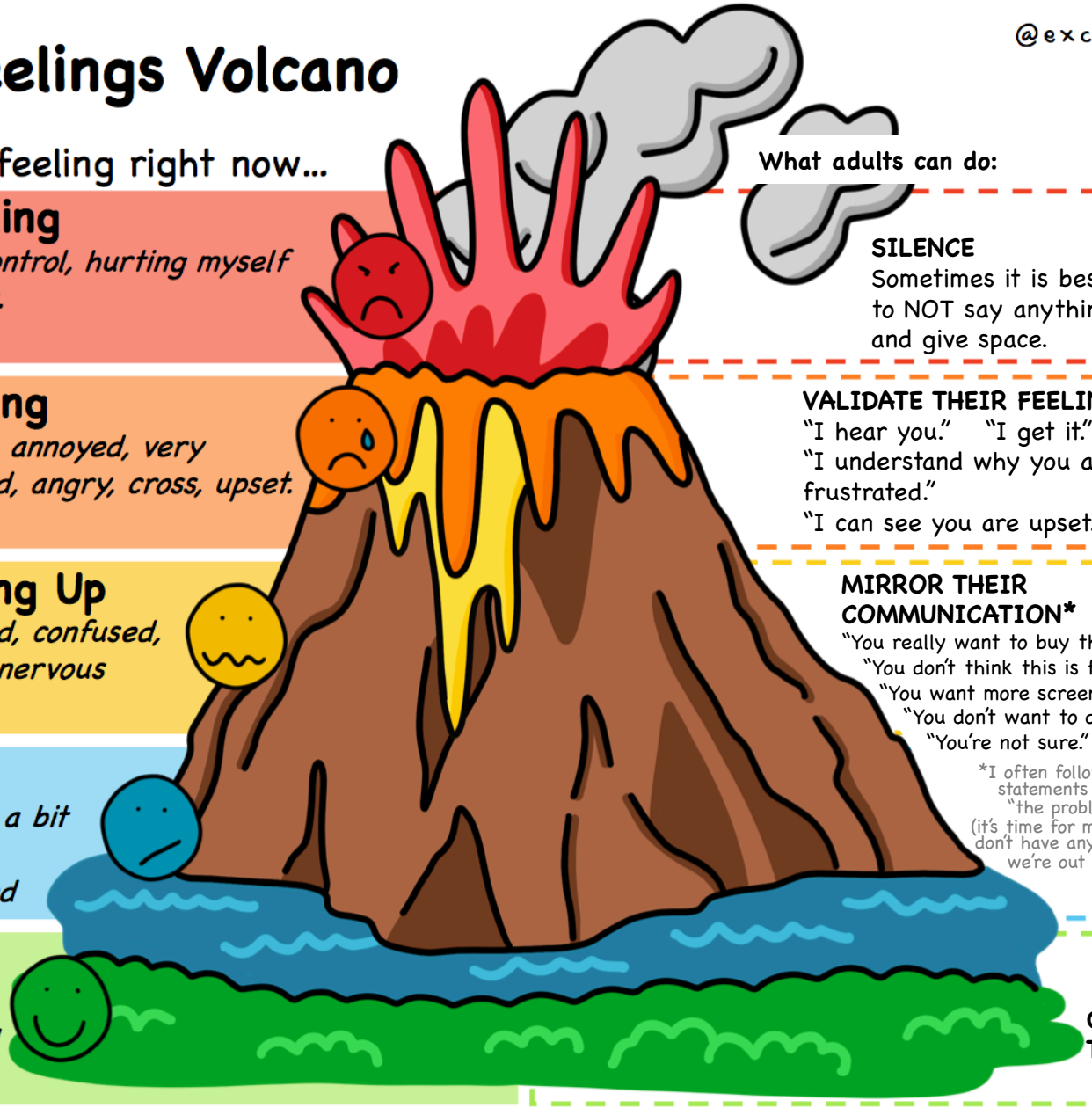
5 Exploding
Out of control, hurting myself or others.

4 Rumbling
Stressed, annoyed, very frustrated, angry, cross, upset.

3 Bubbling Up
Frustrated, confused, worried, nervous

2 Okay
Unhappy, a bit unsure, challenged

1 Good
Happy, in control and calm



What adults can do:	What I can do:
SILENCE Sometimes it is best to NOT say anything and give space.	
VALIDATE THEIR FEELINGS "I hear you." "I get it." "I understand why you are frustrated." "I can see you are upset."	
MIRROR THEIR COMMUNICATION* "You really want to buy that." "You don't think this is fair." "You want more screen time." "You don't want to do this." "You're not sure." *I often follow these statements up with "the problem is..." (it's time for math, we don't have any money, we're out of time, etc.)	
HAVE FUN, GROW TRUST	

Adapted by: HIGH 5 SPEECH THERAPY