

Name _____

The Tale of Benny and the Volcano Brain

Open-Ended Questions

1. Have you ever felt like Benny when something didn't go your way? What did you do?
2. Why do you think it's helpful to take deep breaths when you're angry?
3. If you were Polly, how would you feel after knocking over the tower?
4. How can you practice staying calm the next time you feel angry?

