

Name \_\_\_\_\_

## The Tale of Max and the Volcano Inside

### Open-Ended Questions Answer Key

1. Sample Answer: Yes, I felt like I had a volcano inside me when my little brother broke my favorite toy. I took deep breaths and talked to my mom about how I felt. It helped me calm down.
2. Sample Answer: Breathing helps because it slows you down and gives you time to think. It makes you feel calmer and stops you from doing something you might regret.
3. Sample Answer: I would say, "First, ask yourself why you're upset. Then, take big breaths to calm down. Finally, decide what you want to do next to solve the problem."
4. Sample Answer: If I were Max, I might have apologized to Liam right away for yelling. But I think I would also try to rebuild the tower because it sounds like a fun project.

