

Name _____

The Volcano Inside

Open-Ended Questions Answer Key

1. Example Answer: Yes, I felt like a volcano when my friend took my toy without asking. I handled it by telling an adult how I felt and taking a few deep breaths.
2. Example Answer: Counting triggers can help me calm down before I say or do something I might regret. It gives me time to think about how I feel and why.
3. Example Answer: Alex's new behavior made Willow Woods happier because he stopped yelling and worked with his friends to solve problems, which helped everyone get along better.
4. Example Answer: Alex could try taking deep breaths, walking away for a moment to cool off, or talking to a friend or adult about how he feels.

