

Name _____

Eruption Alert! Anger Volcano Thermometer Answer Key

Sample Responses

Student answers will vary, but here are example responses to guide expectations:

LEVEL 1: Calm Ground

Feels like: Relaxed, peaceful, open to talking

Example: Playing video games alone with no stress

Strategy: Take deep breaths to stay relaxed

LEVEL 2: Heating Up

Feels like: Annoyed, tapping foot, frowning

Example: Someone is interrupting me over and over

Strategy: Count to 10 or ask for space

LEVEL 3: Boiling Point

Feels like: Jaw tight, voice louder, fists clenched

Example: Classmate blames me for something I didn't do

Strategy: Take a walk or write it out in a notebook

LEVEL 4: Molten Madness

Feels like: Shouting, slamming doors, tears, can't think

Example: Sibling breaks something important to me

Strategy: Go to a quiet place, use a stress ball, ask for help
