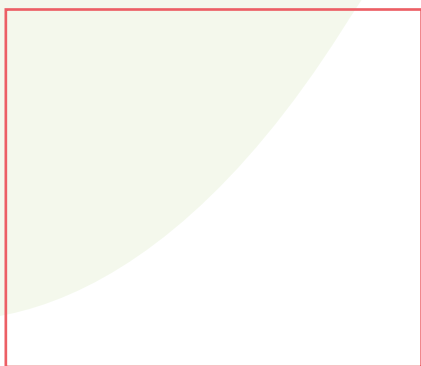
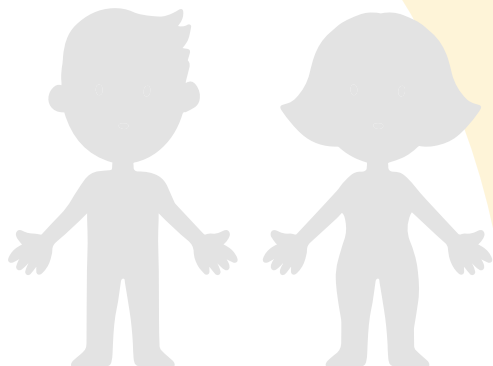


ACTIVITY FOR CHILDREN

- 1 Draw your Anger monster: what does it look like? What's its name?



- 2 Take a moment to think about when you feel angry. Where do you feel it in your body? Paint that area with red.



- 3 Name how it makes you feel.

- 4 List the reasons why it is good to make your angry monster to go away before reacting.

NOTES FOR PARENTS (AFTER ACTIVITY)

1. Draw your own Anger Monster, to show them all people have one.
2. Try to engage with them and the story. Remind them of their anger monster when anger feelings come up. Replicate the strategy to calm down and make the monster disappear.



COMIC 4 | June 2023
Talking About it Makes Us Stronger

The appearance of the Volcano Angry Monster



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