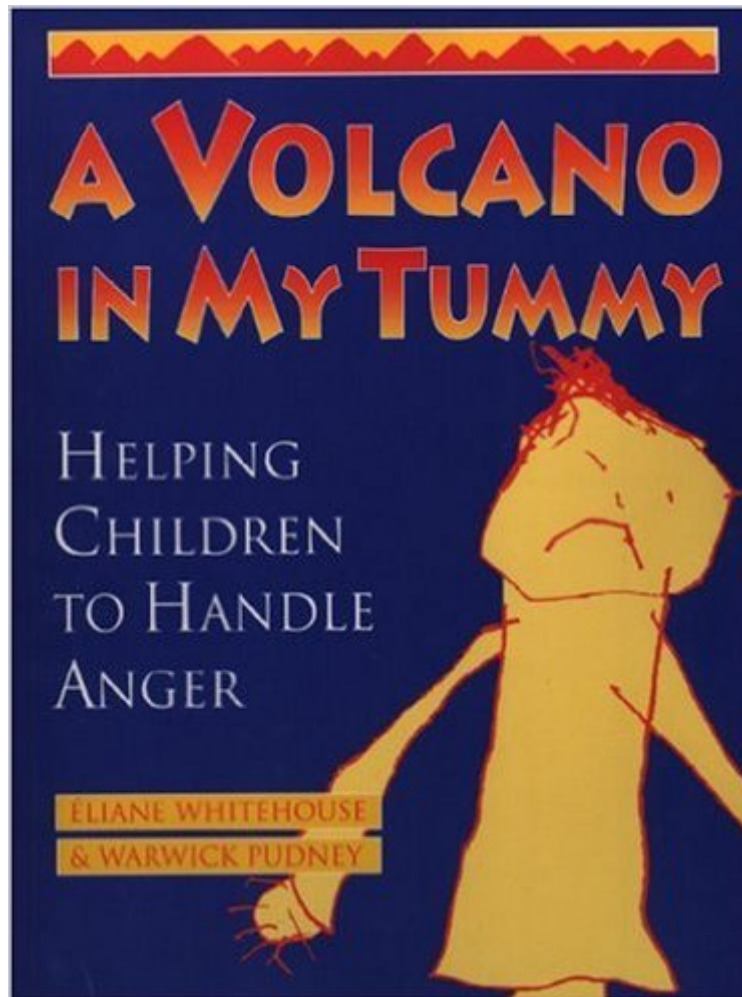


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# A Volcano In My Tummy: Helping Children To Handle Anger



## Synopsis

A Volcano in My Tummy: Helping Children to Handle Anger presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. Using easy to understand yet rarely taught skills for anger management, including how to teach communication of emotions, A Volcano in My Tummy offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult care-givers experience. By carefully distinguishing between anger the feeling, and violence the behavior, this accessible little book, primarily created for ages 6 to thirteen, helps to create an awareness of anger, enabling children to relate creatively and harmoniously at critical stages in their development. Through activities, stories, articles, and games designed to allow a multi-subject, developmental approach to the topic at home and in school, A Volcano in My Tummy gives us the tools we need to put aside our problems with this all-too-often destructive emotion, and to have fun while we're at it. Elaine Whitehouse is a teacher, family court and private psychotherapist, mother of two and leader of parenting skills workshops for eight years. Warwick Pudney is a teacher and counsellor with ten years experience facilitating anger management, abuser therapy and men's change groups, as well as being a father of three. Both regularly conduct workshops.

## Book Information

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## Customer Reviews

I use the activities and concepts in this book all of the time! As a school social worker and child therapist, I find this book to be invaluable. It has engaged all types of children and can work well in

individual sessions as well as groups. Although it is intended for school age children; I have used some of the "lessons" for preschool children effectively.

It was not what I thought. I thought it was a book to read to kids, instead it is a WONDERFUL workbook with ideas, activities, etc. Definately for teachers but very useful even for this grandma!

The premise of the book is that anger is okay and natural, and you do not need to feel ashamed or scared when you are angry. You can talk about your anger, and try to physically calm your body, but you cannot be abusive and hurt yourself, others, or property. If you are a parent hoping to help a child with anger issues, this is probably not the best book for you. It is basically a series of lesson plans designed for teachers/counselors to use when teaching students about anger and constructive ways to manage their anger. OTOH, I do plan to adapt a few of the lessons for my family. There are a few useful stories and worksheets that could reinforce some of the messages I am trying to get through to my children, such as: using "cold water" words to diffuse someone else's anger; figuring out "what lit the fuse" for an outburst of anger; slowly escalating your words "using your muscles" to explain when someone is bothering you, rather than exploding all at once; and coming up with "safe ways" to express anger, among others.

I am an Elementary School Counselor. I got this book to help me put together small groups for some of my students. The book is wonderful. It is full of great and effective ideas. I bought many resources in the past, and this is by far the best one to help children understand and work through anger.

I did my social work internship at an elementary school and used this book for the basis of my group work within the school. It was fantastic. There are lots of activities that you can expand upon and mix with your own ideas to use with the kids. My only difficulty was that I was a school where most of the children had to have many concepts and words explained to them, as they are just not exposed to the type of thinking involved with the activities. Made the book that much more an important tool.

I used this book starting in my internship performing counseling with children and I still use it with my practice. The anger rules in this book are priceless and I use them almost daily in my practice. Highly Reccomend!

I am a developmental and behavioral pediatrician, who has worked with children for many years on issues of emotional control. I have training in hypnosis to help children learn to envision their emotions, the behaviors of their emotions, and how to become the boss of their emotions. I have found this book to be an excellent adjunct to helping them with the idea of visualization of how anger and anxiety affect them. I really feel that people working with children exhibiting anger, should review this book to understand how anxiety might look depending on the child. Research has shown that many angry children (and adults) reach that behavior from anxiety that keeps building up until they need to address it some way.

This is a good book to use with children to help them learn about anger management. I use it to run groups with children. Highly recommend

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