



make it monday

# *Little Volcano's Count to Calm*



Inspired by the book:  
Don't Blow Your Top!



# Materials:



clear, reusable plastic liquid pouches  
(3.5 oz. size)



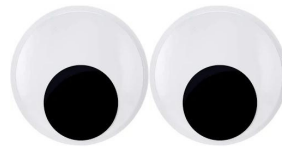
water



red glitter or red sand



permanent marker



stick-on googly eyes



scissors



glue

# Little Volcano's Count to Calm

*Print 1 copy per project*

fold

5  
4  
3  
2  
1





# to make little volcano's count to calm:

1. Print out Little Volcano template and color in if desired. Cut along dotted lines. Fold in half along solid line. Set aside.
2. Fill plastic liquid pouch with desired amount of red glitter or sand. Add water until almost full, leaving some open space at the top of the pouch. Gently squeeze top to remove excess air and twist on cap to seal. Strong-hold glue can be added to inside of cap before twisting on to ensure pouch cannot be opened.
3. Add glue to interior (unprinted side) of Little Volcano template. Fit over the top of the filled liquid pouch, pressing to adhere. Pay extra attention to edges to ensure they stick together.
4. Add sticker google eyes and draw a mouth using permanent marker, if desired, to complete Little Volcano.
5. Little Volcano's Count to Calm can be used as a visual metaphor for emotions we may experience. Little upsets in our day can be represented by a single shake of Little Volcano. Just like the glitter or sand gently swirls inside of Little Volcano, our feelings might be hurt or upset, but taking the time to breathe, count, and think happy thoughts can help our emotions return to calm (the sand or glitter will also quickly settle to the bottom). Larger upsets (lots of shaking or bumping) might stir our emotions up in a bigger way, and we might need an adult to help us work through those feelings. Continue the conversation by thinking of things that have made you want to "blow your top," and what other things you could do to work through big feelings.