

VOLCANO

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Feelings can get pushed down inside us, especially difficult ones. They can bubble away and then suddenly explode.



THIS CAN BE FRIGHTENING.

Try to find ways to express your feelings, like listening to loud music with headphones, ripping up a piece of paper, throwing/kicking a ball, hanging out with friends, drawing, gaming, cooking, playing sport, reading, Lego building.

DON'T BE A VOLCANO