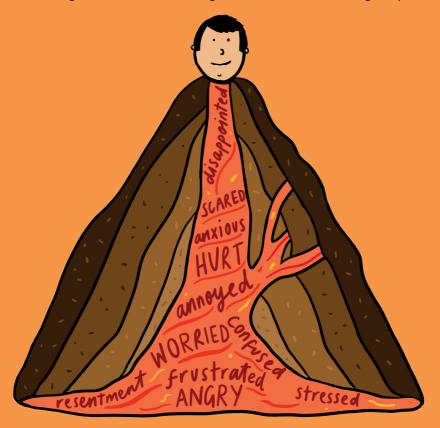
## VOLCANO PERSON PERSON

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.

