



WHEN YOU'RE UPSET, DO YOU EVER BLOW UP?



CONTROL YOUR VOLCANO

You're walking through the cafeteria when you stumble over someone's sneaker, and your lunch hits the floor. The bully who tripped you laughs, then others point and join in. You clench your fists and feel like you're about to explode!

Intense anger is like a volcano. In a volcano, pressure builds until molten rock, gases, and ash shoot out from below the earth's surface. In a similar way, when you feel frustrated, you may erupt with

hurtful words or actions. But just as land tremors and steam can signal a volcanic eruption, angry outbursts also have warning signs. What do you usually think, feel, or do when you're about to blow up? Do you grind your teeth, feel your heart beat faster, or have angry thoughts? When you notice those danger signals, take a time out. Go for a walk, say prayers, or do other things to cool off. After you're calm, you can express your feelings without erupting.

CREATE A VOLCANO

You'll Need: 22" x 22" (56 cm x 56 cm) poster board • 20 oz. (591 mL) plastic bottle • pencil • scissors • ruler • stapler • packing tape • brown and red acrylic paint • paintbrush • large cookie sheet • aluminum foil • 2 tbsp. (30 mL) baking soda • red food coloring • 2 tbsp. (30 mL) vinegar in small cup • ½ tsp. (2.5 mL) liquid dish soap • hot tap water

Caution: Get an adult's permission or help, and keep the ingredients away from eyes.

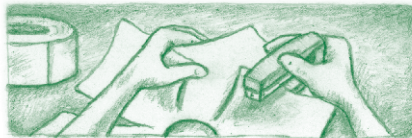
1. Fold poster board in half. Open, and fold in half again in other direction, to make a cross in center.
2. At center of cross, trace around bottle's spout. Cut out with scissors.



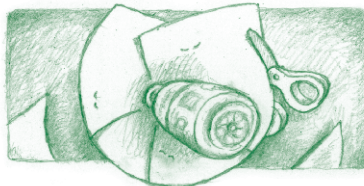
3. Cut along each crease, stopping 1/2" (1.3 cm) from opening.



4. Fold two corners up so they overlap about 6" (15 cm) and staple together. Do this for all flaps to create cone shape. Tape seams flat.



5. Place spout of bottle into hole of volcano. Trim base of cone so edges are even with bottle.



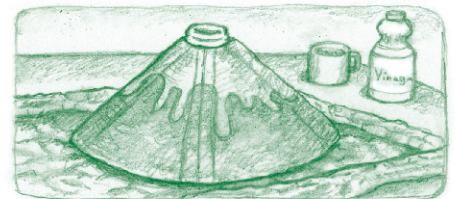
6. Paint volcano brown. Add streaks of red for lava. Let dry.

7. Cover cookie sheet with foil. Remove bottle from volcano and add hot tap water so it's half full.

8. Add dish soap, baking soda, and 5–10 drops of food color.



9. Put bottle on cookie sheet and place volcano on top so spout pokes out of top. Pour vinegar into bottle and watch it erupt!



HOW DOES IT WORK?

In this volcano model, vinegar reacts with baking soda, and carbon dioxide gas is produced. Pressure builds in the bottle, then the gas bubbles rise out of the volcano.