

Part 2: Volcano

Directions:

- In the bottom part of the volcano, in **orange**, write down as many of your triggers that have you identified.
- Above the orange words inside the volcano, write down in **red** body clues you may demonstrate or ways you may think when you are around those triggers.
- Above the red words, write down coping strategies you've learned in class or you already do, that may calm you down in **blue**.

