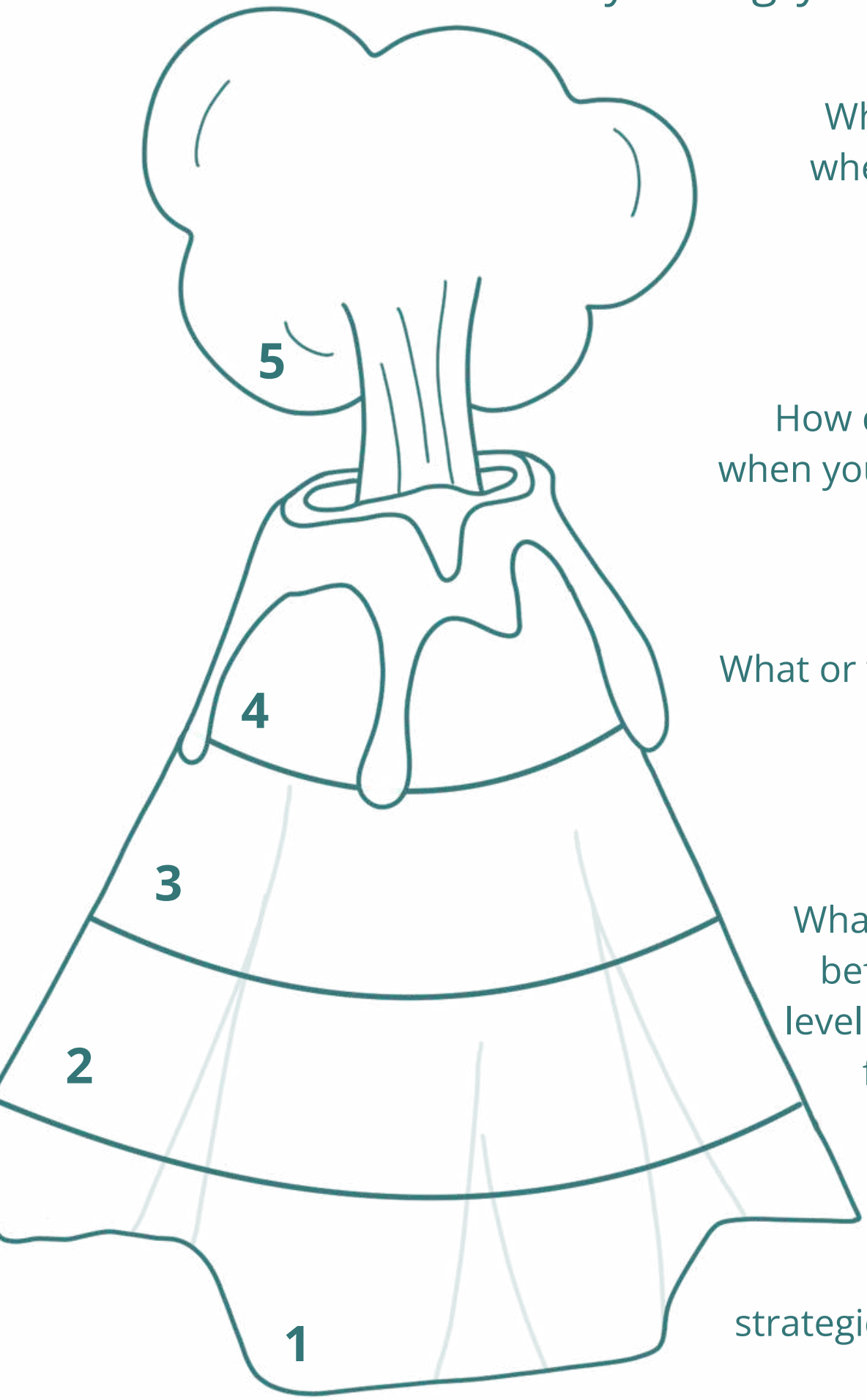
Centre for ADHD & Autism Support

Volcano Feelings

What makes you angry?



What do you feel when you are in a bad mood?

How do you behave when you feel like this?

What or who helps you to feel better?

What could you do before you get to level 4 before your feelings erupt?

Make a list of strategies to help you.