



A Volcano in My Tummy: Helping Children to Handle Anger

By Eliane Whitehouse, Warwick Pudney

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A Volcano in My Tummy: Helping Children to Handle Anger presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. Using easy to understand yet rarely taught skills for anger management, including how to teach communication of emotions, *A Volcano in My Tummy* offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult care-givers experience. By carefully distinguishing between anger the feeling, and violence the behavior, this accessible little book, primarily created for ages 6 to thirteen, helps to create an awareness of anger, enabling children to relate creatively and harmoniously at critical stages in their development.

Through activities, stories, articles, and games designed to allow a multi-subject, developmental approach to the topic at home and in school, *A Volcano in My Tummy* gives us the tools we need to put aside our problems with this all-too-often destructive emotion, and to have fun while we're at it.

Elaine Whitehouse is a teacher, family court and private psychotherapist, mother of two and leader of parenting skills workshops for eight years. **Warwick Pudney** is a teacher and counsellor with ten years experience facilitating anger management, abuser therapy and men's change groups, as well as being a father of three. Both regularly conduct workshops.

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Editorial Review

Review

A Volcano in My Tummy presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. The book offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult care-givers experience, and distinguishes between anger the feeling, and violence the behavior. Primarily created for ages 6 to thirteen, it is accessible for use in class or at home.

From the Back Cover

A Volcano in My Tummy is about helping 6 to 15 year olds handle their anger so that they can live successfully, healthily, happily and nonviolently, with motivation, without fear and with good relationships. An accessible resource book for teachers, parents and all who care for children, it is full of stories, and easy-to-use games and exercises designed to encourage children to see their anger and to deal constructively with it. A Volcano in My Tummy includes sections on key concepts, building a child's self esteem, what adults can do when a child is angry, developing an anger management program, troubleshooting, and a special section for teachers that integrates the resource with other curriculum areas. Exercises are clearly described, indicating appropriate age levels, teaching strategies, materials and procedures to follow, with worksheets for the childrens' use. All are easily adaptable for use by teachers, parents or other caregivers.

About the Author

Elaine Whitehouse is a teacher, family court and private psychotherapist, mother of two and leader of parenting skills workshops for eight years. Warwick Pudney is a teacher and counsellor with ten years experience facilitating anger management, abuser therapy and men's change groups, as well as being a father of three. Both regularly conduct workshops.

Users Review

From reader reviews:

Travis Wysocki:

This A Volcano in My Tummy: Helping Children to Handle Anger book is just not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book will be information inside this book incredible fresh, you will get info which is getting deeper an individual read a lot of information you will get. This specific A Volcano in My Tummy: Helping Children to Handle Anger without we realize teach the one who reading through it become critical in thinking and analyzing. Don't end up being worry A Volcano in My Tummy: Helping Children to Handle Anger can bring once you are and not make your handbag space or bookshelves' grow to be full because you can have it with your lovely laptop even telephone. This A Volcano in My Tummy: Helping Children to Handle Anger having great arrangement in word and also layout, so you will not sense uninterested in reading.

Helen Leduc:

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Pat Tran:

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Fern Gooding:

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