Hood and the Little Volcano

A story about anger... and how to calm the volcano

For ages 5 to 9



Child Protection Office

Prepared by Dr. Hashem



All afternoon, Hood built a tall castle out
of blocks: towers, flags, and a little bridge!

He stood beside it proudly: **“The best castle in the world!”**



Then Sami came running in happily: “Hood! Look…”

He tripped over Qamar’s rattle on the rug… and fell onto the castle! **CRASH!** Blocks flew everywhere.



Hood’s face turned red, and he felt a little volcano bubbling in his chest...

Bubbling... and bubbling... **until it erupted!**



Hood yelled: **“You’re stupid! You ruined everything! Get out of my house!”** And he threw a block on the floor.

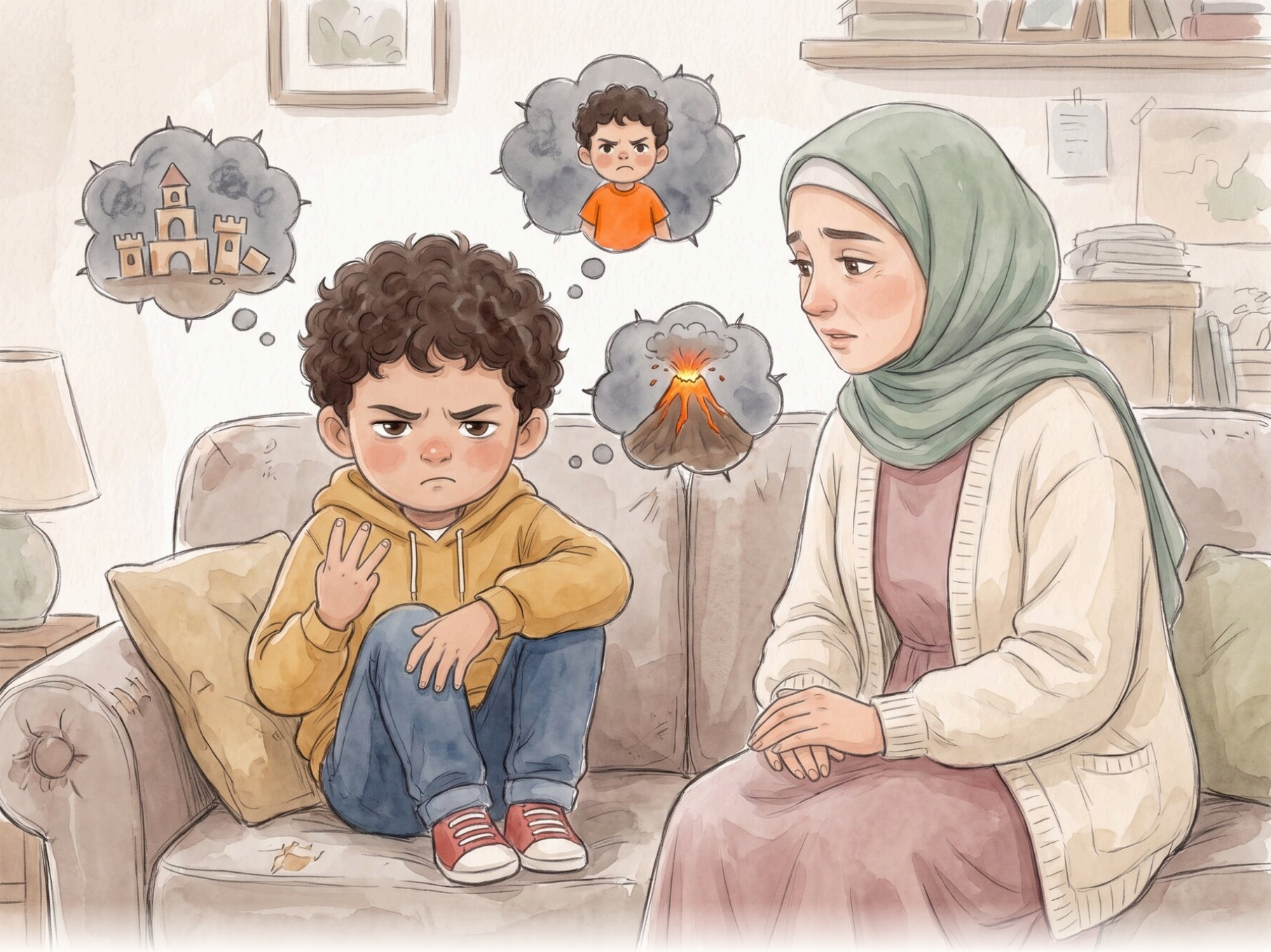
Sami’s eyes filled with tears… and he left.



Mama Jumana came and said calmly: **“I see an angry volcano, Hood. Let’s calm it down first.”**

They slowly raised their arms with a long breath in… and lowered them with a long breath out. Once, twice, three times…

until the volcano began to cool down.



Then she asked: **“What did you tell yourself when the castle fell?”** Hood said:

Nobody must ever ruin my things!

Sami did it on purpose... he’s a bad boy!

This is the worst thing... I can’t stand it!



Mama said: **“There are two kinds of anger, Hood. Healthy annoyance says: I’m upset because my castle fell… and I say so calmly.**

And a volcano says: I yell, call names, and throw things.

The first one solves the problem… the second one makes a new problem.”



Hood put on his detective hat. Question one: **Did Sami do it on purpose?**

Hood looked at the rug… and found Qamar’s rattle! And he remembered that Sami had said “Sorry!” before he left.

Hood said: **“He tripped… he didn’t mean to.”**



Question two: **Is Sami a bad boy?**

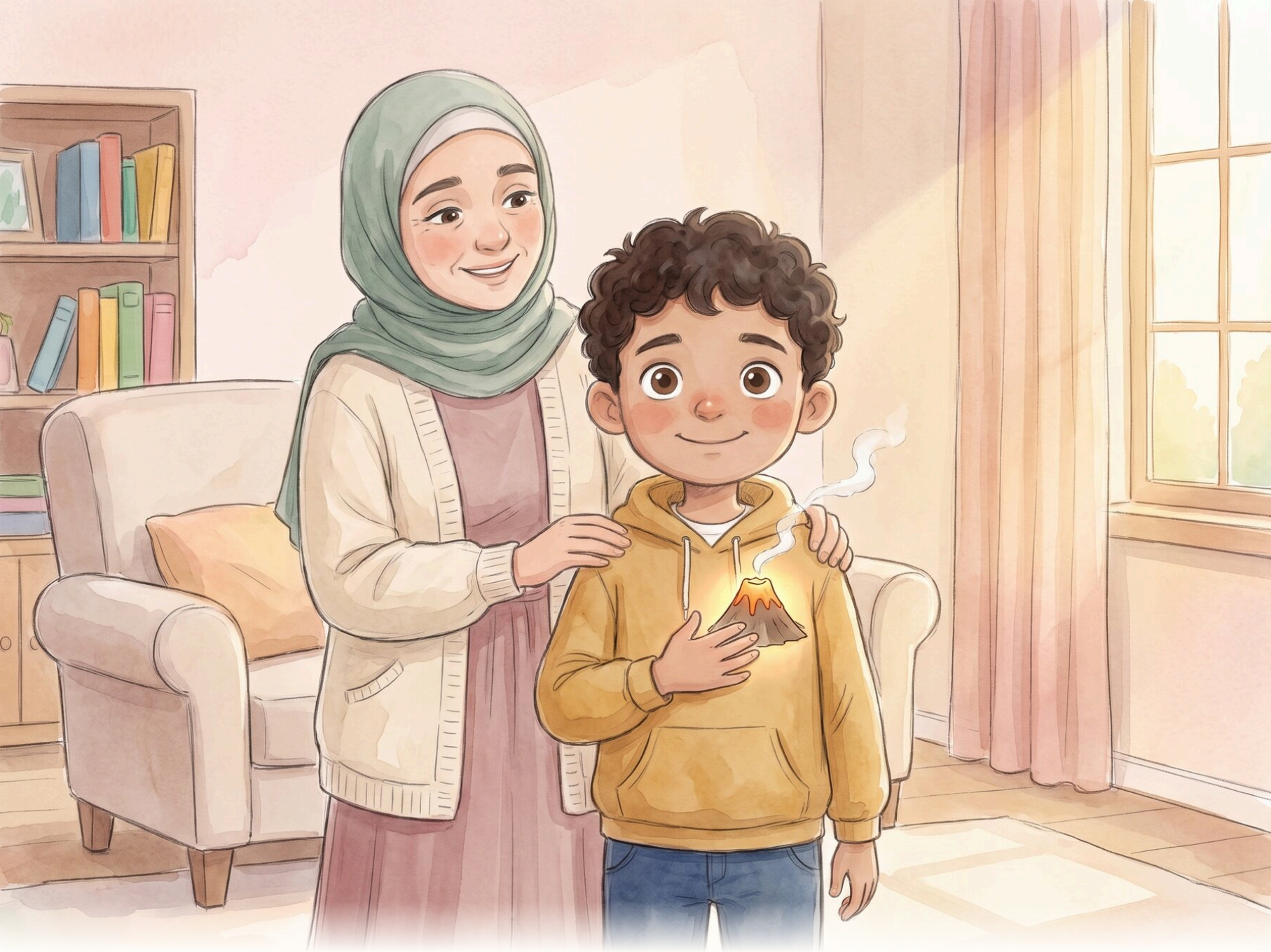
Hood remembered Sami cheering for him at assembly, and encouraging him on his bike.

He said: **“Sami did something that upset me… but he’s not a bad boy. He’s my friend.”**



Question three: **Is this the worst thing in the world?**

Hood looked at the ruler and said: **“We can build the castle again. It’s annoying… but I can stand it.”**



Hood put his hand on his chest and said calmly:

“I’m upset because my castle fell... and that’s okay.
But yelling doesn’t fix anything. I can talk calmly.”

And the volcano cooled, until only a little wisp of smoke was left.



Hood went with Mama to Sami's house and said:

"I'm sorry I yelled at you. I was upset because the castle fell. And next time, please watch out for the blocks."

Sami smiled: **"I'm sorry too! Shall we build it together?"**



And the two friends built a castle even taller than the first... with two flags instead of one!

And Qamar watched them and giggled.



That evening, Hood told his mother:
“The volcano is still inside me, Mama...”

She hugged him and said: **“And that’s normal. Anger tells you that something matters to you... and you decide what to do with it.”**

A Guide for Parents & Educators

The sixth story in the series applies Rational Emotive Behavior Therapy (REBT) to anger. The goal is not to stop anger, but to turn unhealthy anger (yelling, name-calling, hurting, wanting revenge) into healthy annoyance that is expressed firmly and respectfully.

1. Healthy and unhealthy anger

Healthy annoyance admits that what happened is upsetting, and leads to solving the problem. Unhealthy anger rests on absolute demands, and leads to attacking. p. 7

2. Volcano thoughts

- **Absolute demand:** "Nobody must ruin my things."
- **Condemning others:** "He's a bad boy."
- **Awfulizing and low tolerance:** "The worst thing... I can't stand it." p. 6

3. Calm down first

A child at the peak of anger cannot think. "Volcano breathing" lowers the body's arousal before any conversation. p. 5

4. Disputing

- **Evidence:** did he mean it? The rattle on the rug. p. 8
- **Unconditional other-acceptance:** an upsetting act doesn't make the person bad. p. 9
- **The catastrophe ruler:** the castle can be rebuilt. p. 10

5. Assertive expression

The phrase "I'm upset because... and please..." expresses the feeling without attacking. The apology is for the behavior, not for the feeling. pp. 11–12

6. Repair

Building the castle together restores the relationship, and teaches the child that a disagreement doesn't end a friendship. p. 13

Questions to talk about after reading

- What happened in Hood's chest when the castle fell?
- How did Hood calm the volcano?
- Did Sami mean to knock down the castle?
- What do you say when a friend upsets you?

Tips for parents

Anger is allowed; hurting is not. Name the feeling, and set clear limits on behavior. Don't meet your child's anger with bigger anger, and show them what calm expression looks like. If intense outbursts, aggression toward others, or self-harm keep happening, consult a mental health professional.