

Me and My VOLCANO

Written by Deborah Hage

Illustration by Aaron Wristen

VOLCANOS AND YOU !

When mountains are born they are great big mounds of friendly dirt and rocks, reaching up to the sky.

Trees grow on them.

Animals live on them.

People build houses on them.

Draw a big, friendly mountain.

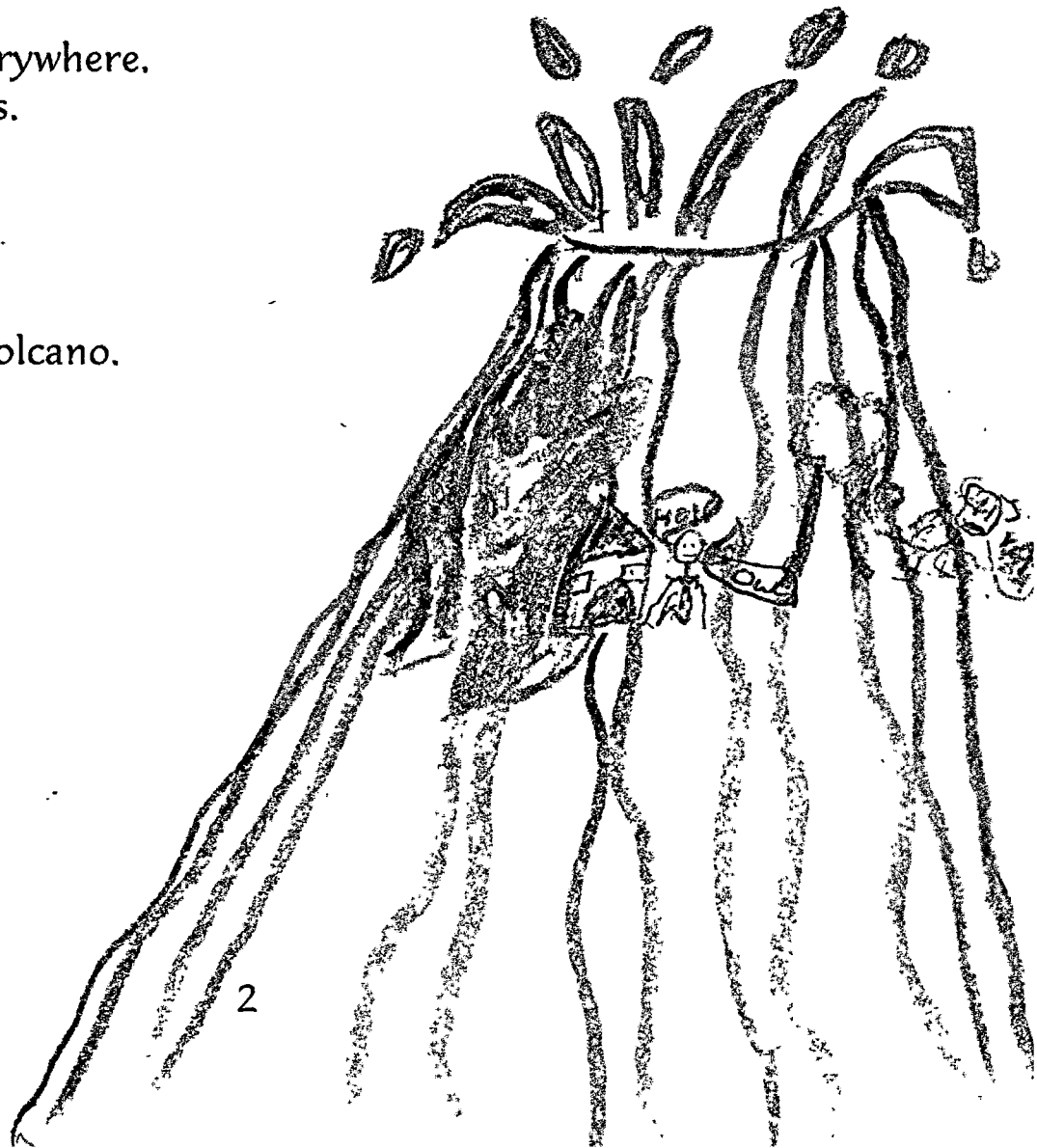
Deep, deep inside the earth, however, there are great, big pools of hot, melted rock and clouds of deadly gasses. The inside of the earth cannot keep all that heat and gas in. It has to come out or the earth will explode.

The heat and gas come out through a volcano which is a special type of mountain which lets the hot rock and the deadly gasses leave the center of the earth.

There are two types of volcanos.

One type of volcano erupts suddenly.
No one has time to prepare.
No one has time to get out of the way.
It erupts angrily.
Causing pain everywhere.
It hurts buildings.
It hurts animals.
It hurts people.
It hurts itself.

Draw a hurtful volcano.



Another type of volcano boils very slowly.
It lets off heat slowly.
Steam comes out of it.

It does not erupt angrily.
It does not erupt suddenly.
It does not hurt anything..
It does not hurt buildings.
It does not hurt animals.
It does not hurt people.
Everyone is safe next to a slowly boiling volcano.
Including the volcano.

Draw a safe volcano.

Both types of volcanos are the same in some ways.

Both types of volcanos have long passages which reach to the center of the earth.

Both types of volcanos have large pools of hot lava inside.

Both types of volcanos have deadly gasses inside.

Both types of volcanos have more hot lava and deadly gasses than they can contain.

Both types of volcanos have to have a way for the hot lava and the deadly gasses to get out.

Draw a volcano from the inside.

HOW DID YOU GET TO BE LIKE A VOLCANO?

When babies are born they have soft, trusting hearts.

Draw a baby with a big, soft heart.

This is you when were born.

Sometimes as the baby gets bigger, things happen to it, bad things happen to it. And the heart, instead of staying soft and trusting, gets hot, filled with hurtful things.

What are some of the things that can happen to a baby to make its heart fill with hurtful things?

Draw the baby's heart, filled with hurt.
In the heart, list/draw the things which happened to it, which kept it from staying soft and trusting.

As the baby gets bigger, the heart, filled with hurtful things, gets bigger.

How old do you think you were when bad things started to happen to you? How old do you think you were when you first noticed your heart getting hot like a volcano?

Draw you when you first felt you were living with a big, hot, hurt-filled heart.

When the baby gets bigger the baby feels angry. Angry at the bad things which happened. Angry at the bad people who were hurtful. Afraid that the bad things will happen again. Afraid that the bad people will be hurtful again.

The hurt filled heart starts to get very, very hot with anger and fear. So hot that the heart melts into hot lava and deadly gasses. The lava and the deadly gasses have to come out or the heart will explode.

Draw a heart, filled with hot lava and deadly gasses, pain and fear . . . breaking apart. Draw a breaking heart.

There are two types of breaking hearts.

One type of breaking heart erupts suddenly.

It throws pain and fear everywhere.

No one, nothing has time to get out of the way.

It erupts angrily.

It is hurtful.

It hurts things.

It hurts animals.

It hurts people.

It hurts ITSELF.

Draw a picture of an erupting heart throwing pain and fear,
hurting everyone and everything around.

Another type of breaking heart boils slowly.
It lets out pain and fear slowly.

It does not erupt angrily.
It does not erupt suddenly.
It does not break anything.
It does not hurt buildings.
It does not hurt animals.
It does not hurt people.
Everyone is safe next to a slowly boiling heart, including the heart.

Draw a heart that is safely boiling.

Draw you getting your fear and pain out by crying. Show how the deadly fear and hot pain can pour out your eyes without making you explode.

Draw you talking to someone. Show how the fear and pain can come out of your mouth in ways that are safe.

Draw you exercising your body. Show how the pain and fear inside of you can come out safely, like sweat through your skin.

What are other ways you can let pain and fear come out of
your body in ways that are safe?
That are not hurtful to things, animals or people.
That are not hurtful to YOU.

Draw YOU - letting out your fear and pain in a way that is safe for you and safe for those around you.

Who can you share your pain and fear with?

Draw you **NOW** with a big, soft, trusting heart!

Say "Good-bye" to the
hurtful volcano.

Say "Hello" to
the safe
volcano !