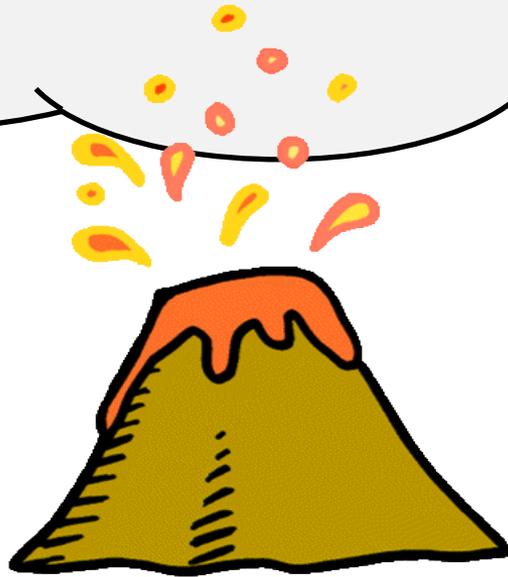


# My Mouth Is A Volcano



Back To School Activity

Created by Teaching 4 Real





# My Mouth Is A Volcano



Illustrate and write a caption in response to the story.

A Time When I Was Interrupted

How I Feel When Someone Interrupts Me

What I Can Do So I Don't "Erupt" Someone

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# A Time When I Was Interrupted

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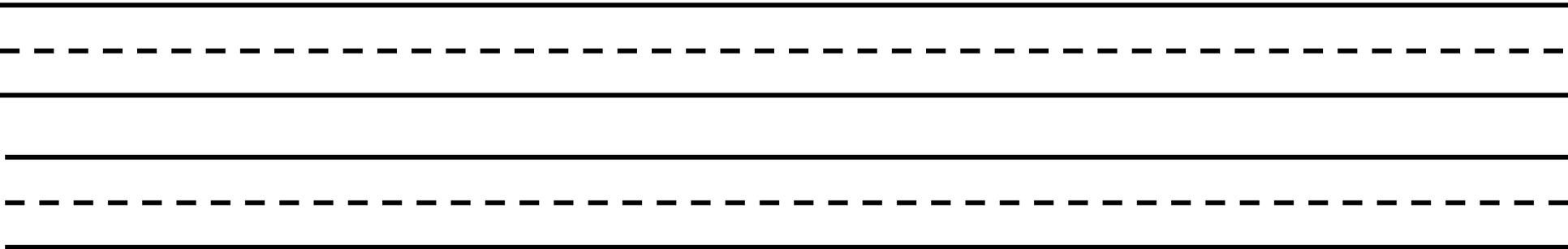
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# How I Feel When Someone Interrupts Me



# What I Can Do So I Don't "Erupt" Someone

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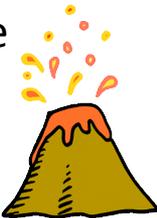
# My Mouth Is A Volcano Lesson

Author: Julia Cook

This is a great book to read at the beginning of the year! It hits the nail right on the head with why listening is so important. The premise of this book is about interrupting and how hard it is to just listen and not put your two cents in right when it comes into your head. Kids (and adults) are bad about this. This lesson outlines ideas you can use with this book to help support its purpose.

Begin with building on what students know about volcanos. Chart their responses. They should give responses like: they explode, they are hot, you never know when they may erupt.

Then, tell students you'd like to show them something. Show them a coke bottle (the 12oz works great) and shake it up. Ask what they think is happening inside the bottle. The pressure is building up and the bubbles look like they are about to come out of the bottle but the cap is keeping it in. The cap is like our lips or mouth. It keeps all of our words in until it is the right time to let them out. Ask the students what they think will happen if you take the cap off of the bottle right after you shake it up. I'm 100% sure they know that it will explode and make a huge mess. This is just like when we want to interrupt others when they are talking. Their attention is turned to the person who interrupted because of the "mess" instead of on the person who should be the focus.



# My Mouth Is A Volcano Lesson

You may want to actually take the top off of the shaken bottle just to make a point. At this time I would brainstorm what you could do with the coke bottle after it has been shaken to make sure it doesn't explode. If you give it a little time the pressure is gone, the bubbles are gone, and the bottle will not explode. Or if a little pressure is taken off it will not explode at that point either.

That's how we are too. We often want to say what comes right into our minds without thinking about how it will affect others around us. We just need to learn how to keep from "erupting" and how to ease the pressure so we don't make a mess.

Create a chart titled "Strategies To Keep Me From Erupting". Adults are just as bad as kids so this would be a great time to list one of your own strategies. One example might be, "Count to 10." or "Write it down." or even "Remind myself that it's not that important right now." Kids will think of other things like, "Don't let me mouth even open." "Breathe in and out a few time to ease the pressure." , "Remind myself I can tell the teacher later. " or "My whole world won't change because I can't say something right now. "

End the lesson with sharing the cartoon strip response activity. Students will illustrate each prompt and write a short caption to explain. 😊 I've included larger response boxes and handwriting lines for younger grades if needed.

