Ruptures are situations that occur in relationships that bring tension. Following ruptures, it’s important to focus on how to repair relationships.

**Roots** = activities and/or people that help to down regulate or ground us  
**Wings** = activities and/or people that help us to up regulate or give us energy

**Anger Volcano** represents the cycle of anger. **Build up => Outburst=> Release**  
Goal is to get to the release without the outburst  
• Recognize escalating levels of stress and anxiety  
• Use “roots & wings” to help calm, regulate, and regain sense of control

**Reflections:**  
1. What are your wings? What gets you going?  
2. What are you roots? What are the things that ground and calm you?  
3. Walk through your own anger/stress volcano. Think of something that you may experience in the classroom that triggers stress or anger. How can you use your “roots & wings” to remain calm and regain a sense of control?
When Anger & Stress Erupts: How to Help Regulate

Resources

Videos:
- When Anger & Stress Erupts: How to Help Regulate by Mary Vicario
- How Childhood Trauma Affects Health Across a Lifetime by Nadine Burke Harris

Handouts:
- When Anger Erupts: Resilience-Based Strategies For Rupture & Repair

Podcasts:
- Angela Watson’s Truth for Teachers: EP142 A crash course on trauma-informed teaching on Apple Podcasts

Special thanks to our funders and partners who helped create this video series and accompanying materials:

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