



NATIONAL CENTER for  
**YOUTH ISSUES**

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Includes a technique to help children manage their rambunctious thoughts and words.

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My name is *Louis*. People say I erupt a lot. I don't think I do...I have a lot to say, and all of my words are *very* important to me.





When other people talk, words just pop into my head. Then they slide down onto my tongue.





My tummy starts to rumble, and then it starts to grumble.



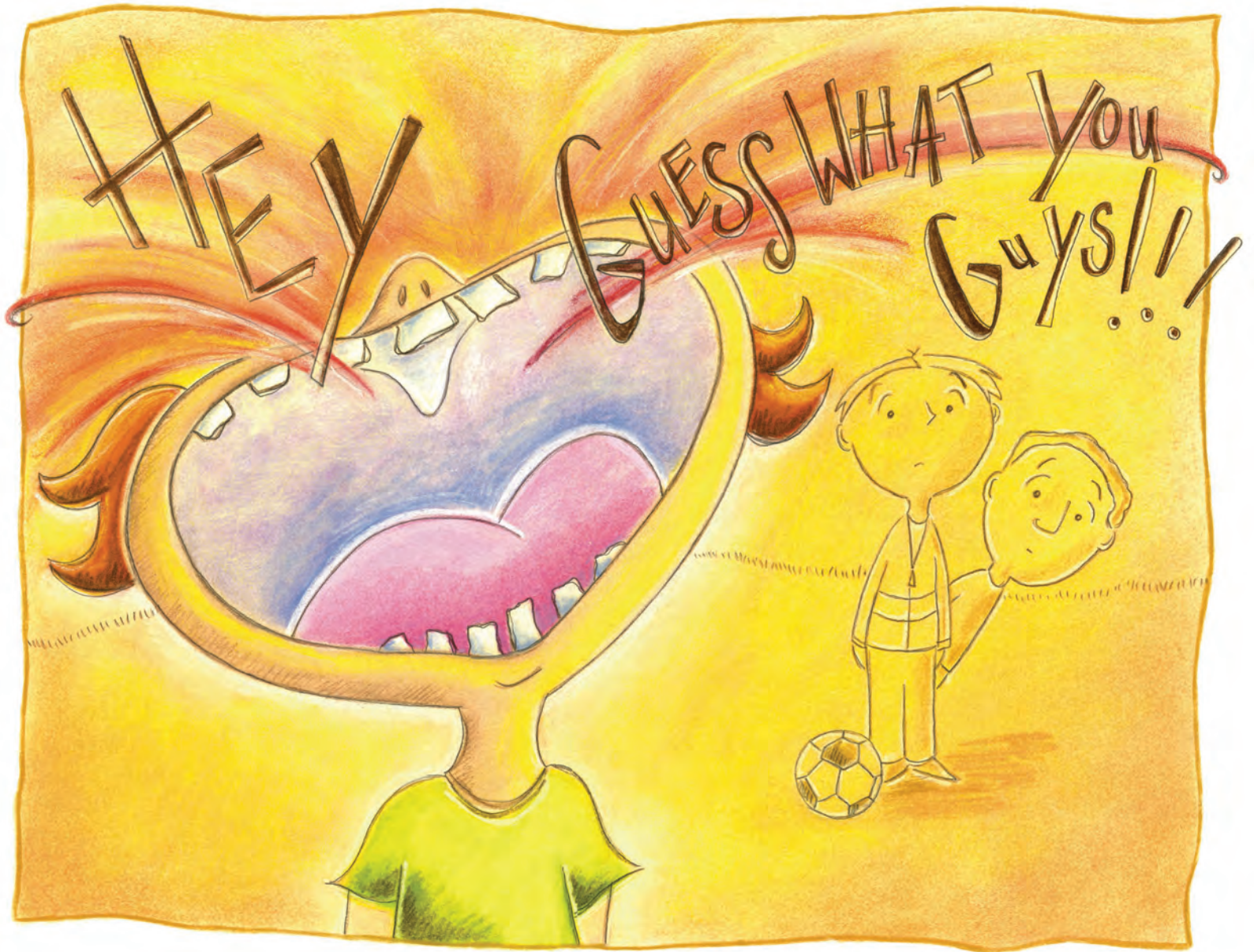
My words begin to Wiggle,  
and then  
they do the  
Tiggle





My tongue pushes all of my important words up against my teeth, and then...





I Erupt!

Words just explode out of my mouth. My mouth is a volcano!!!