



Trigger Trouble

Directions: Read the story carefully. Circle the moment when the character starts to feel upset or "triggered." Then, talk or write about what the character could do next time to feel better.

Liam was building a tall tower with blocks. He stacked them higher and higher until they almost reached his shoulder. Just as he was about to add one more block, his little sister ran by and bumped the table. The tower crashed into pieces all over the floor. Liam's face got red, and he stomped his foot. He wanted to yell but stopped and took a deep breath. Then he picked up one block and started to rebuild.

1. When did Liam start to feel upset?

2. What could Liam do next time to calm down when something goes wrong?