

Name _____

Trigger Discovery Answer Key

1. Feeling ignored or talked over by teammates.
2. The teacher asked the student to take a walk and cool down.
3. The student realized they were angry because they felt unheard, not just because of others.
4. The student decided to take a breath and wait for their turn instead of reacting angrily.

5-6. Answers will vary; acceptable responses should show awareness of personal triggers and positive coping strategies (deep breathing, counting, walking away, asking for help, etc.).

Teacher's Guide:

- **Purpose:** Encourages students to recognize emotional triggers, understand cause-and-effect in reactions, and develop coping strategies for calm communication.
- **Differentiation Tips:**
 - Read the passage aloud for students who benefit from auditory support.
 - Provide vocabulary help for words like "triggers," "ignored," and "react."
 - Offer sentence starters for reflection questions (e.g., "One time I felt triggered was when...").
- **Engagement Ideas:**
 - Have students role-play the story, showing both the unregulated and calm versions.
 - Create a class discussion chart of common school triggers and helpful responses.
- **Extension Activities:**
 - Ask students to write their own short narratives titled "When I Noticed My Triggers."
 - Incorporate art: have students draw a "calm plan" for what to do when they feel triggered.