

Name \_\_\_\_\_

## Emotion Trigger Gaps Answer Key

- |                 |   |
|-----------------|---|
| 1. embarrassed  | 8. anxious  |
| 2. jealous      | 9. irritated  |
| 3. overwhelmed  | 10. embarrassed (can repeat or use a close synonym if preferred)  |
| 4. frustrated   |   |
| 5. tense        | 11-12. Answers will vary; acceptable responses should show emotional awareness and a constructive self-regulation plan. |
| 6. disappointed |   |
| 7. hurt         |   |

### Teacher's Guide:

- **Purpose:** Builds students' emotional vocabulary and recognition of emotional triggers in real-world situations. Encourages reflection on emotional awareness and healthy coping strategies.
- **Differentiation Tips:**
  - For emerging writers, read sentences aloud and allow oral responses.
  - Provide printed emotion cards with facial expressions to support comprehension.
  - For advanced learners, challenge them to add new sentences using words from the word bank.
- **Engagement Ideas:**
  - Conduct a class discussion about which emotions are most common in different settings (school, home, sports).
  - Use a "Feelings Wall" where students post sticky notes describing personal triggers with their matching emotion word.
- **Extension Activities:**
  - Have students write short paragraphs using three words from the word bank in real or imagined scenarios.
  - Integrate mindfulness practice: after identifying a trigger, students practice a quick calm-down technique such as deep breathing or counting backward.