

Name _____

Trigger Journal Answer Key

Sample Responses:

1. Being interrupted in a conversation.
2. People talk over me when I'm trying to explain something.
3. I feel irritated and shut down.
4. I think people aren't listening to me.
5. I can take a slow breath, pause, and calmly ask to finish what I was saying.
6. It helps me stay respectful and communicate better with others.

Teacher's Guide:

- **Purpose:** Builds self-awareness by helping students identify emotional triggers, reflect on patterns, and develop personalized coping strategies.
- **Differentiation Tips:**
 - Provide sentence stems like "I feel ___ when ___" for students who need writing support.
 - Allow oral sharing or one-on-one conferencing for students who express themselves better verbally.
 - Offer emotion vocabulary lists (e.g., anxious, disappointed, tense) to guide word choice.
- **Engagement Ideas:**
 - Encourage students to create a "Calm Action Plan" based on their answers.
 - Use journaling time as a weekly emotional check-in routine.
- **Extension Activities:**
 - Have students review past entries to identify progress or new patterns.
 - Link reflections to mindfulness exercises or classroom relaxation breaks.