

Name \_\_\_\_\_

## Trigger Terms Answer Key

- |      |      |
|------|------|
| 1. B | 5. G |
| 2. D | 6. F |
| 3. E | 7. A |
| 4. C | 8. H |

9-10. Answers will vary; acceptable responses should demonstrate self-awareness and an understanding of how to manage difficult emotions (deep breathing, pausing, journaling, walking away, etc.).

### Teacher's Guide:

- **Purpose:** Strengthens emotional vocabulary and supports students in identifying and labeling complex emotions that can serve as triggers.
- **Differentiation Tips:**
  - Read words and definitions aloud for students with reading challenges.
  - Provide visual emotion charts for students who benefit from picture cues.
  - Allow the use of a dictionary or emotion glossary for vocabulary support.
- **Engagement Ideas:**
  - Have students act out each word in a short skit or role-play to reinforce understanding.
  - Use real-life examples (school, sports, family) to discuss when each emotion might appear.
- **Extension Activities:**
  - Encourage students to write a paragraph titled "The Emotion That Triggers Me Most."
  - Create an "Emotion Word Wall" with definitions, synonyms, and calming strategies for each word.