

Name _____



Trigger Detective

Directions: Read each short scenario carefully. Circle whether it shows a **triggering**, **calm**, or **neutral** situation. Think about how each situation might make someone feel inside.

1. Maya is lining up for lunch when another student cuts in front of her.
(**triggering** / **calm** / **neutral**)
2. Jordan is sitting under a tree, reading his favorite comic book after school.
(**triggering** / **calm** / **neutral**)
3. Sam's pencil breaks right in the middle of his math test.
(**triggering** / **calm** / **neutral**)
4. Brianna's teacher tells her she did a great job on her project.
(**triggering** / **calm** / **neutral**)
5. Malik is walking to art class when he trips and his papers scatter everywhere.
(**triggering** / **calm** / **neutral**)
6. Olivia waves to her best friend across the playground.
(**triggering** / **calm** / **neutral**)
7. Noah's video game freezes right before he finishes the last level.
(**triggering** / **calm** / **neutral**)
8. Emma quietly listens to music while coloring.
(**triggering** / **calm** / **neutral**)
9. Liam's group ignores his idea during a class project.
(**triggering** / **calm** / **neutral**)
10. Zoe drinks some water after running in gym class.
(**triggering** / **calm** / **neutral**)