

Name _____

Trigger Detective Answer Key

- | | |
|---------------|---------------|
| 1. Triggering | 6. Calm |
| 2. Calm | 7. Triggering |
| 3. Triggering | 8. Calm |
| 4. Calm | 9. Triggering |
| 5. Triggering | 10. Neutral |

Teacher's Guide:

- **Purpose:** Helps students recognize what kinds of situations may trigger strong emotions and which ones feel calm or neutral.
- **Differentiation Tips:**
 - For younger or lower readers, read the scenarios aloud and discuss what "triggering," "calm," and "neutral" mean using real-life examples.
 - For advanced students, ask them to explain *why* each situation fits its category.
- **Engagement Ideas:**
 - Turn it into a game: students stand up for triggering, sit down for calm, and hold a hand up for neutral.
 - Let students create their own short scenarios for classmates to categorize.
- **Extension Activities:**
 - Have students brainstorm personal examples of triggering, calm, and neutral moments from their day.
 - Use art: draw a "Trigger Map" showing places or events that cause big emotions and safe places that bring calm.