

Name _____

Trigger Tracker Answer Key

Sample responses will vary. Examples:

- Monday: I felt angry when my friend didn't listen to my idea. Next time, I can tell them calmly how I feel.
- Tuesday: I felt frustrated when my homework was hard. Next time, I can ask for help or take a short break.
- Wednesday: I felt sad when my team lost the game. Next time, I can remind myself it's okay to lose sometimes.
- Thursday: I felt worried when I forgot my lunch. Next time, I can pack it the night before.
- Friday: I felt embarrassed when I tripped in front of others. Next time, I can laugh it off and move on.

Teacher's Guide:

- **Purpose:** Builds student awareness of emotional triggers and helps them develop self-regulation strategies through daily reflection.
- **Differentiation Tips:**
 - Allow students to dictate their answers if writing is difficult.
 - Provide visual emotion cards to support students who need help naming feelings.
 - For advanced learners, ask them to rate each trigger's intensity on a scale of 1-3.
- **Engagement Ideas:**
 - Pair students for brief end-of-week "emotion check-ins" to discuss what they learned.
 - Offer calming tools (fidget, drawing, breathing) for students to practice their "next time" strategies.
- **Extension Activities:**
 - Have students illustrate one of their weekly triggers and draw themselves using a calm response.
 - Encourage journaling or sharing one positive emotional change they noticed after tracking for several weeks.