

Name _____



Trigger Choices

Directions: Read each short situation and choose the best answer from A-D that shows a calm and smart way to handle the feeling. Circle your answer.

1. You are drawing a picture and your friend accidentally knocks water onto it.
A. Yell at your friend for being clumsy
B. Take a deep breath and ask for a paper towel
C. Rip up the picture in anger
D. Walk away without saying anything
2. During a group project, your idea isn't chosen.
A. Say, "That's not fair!" and stop helping
B. Refuse to talk for the rest of the project
C. Tell everyone their ideas are bad
D. Ask politely if your idea can be used next time
3. You're losing a board game and feel your face getting hot.
A. Throw the game pieces on the floor
B. Quit the game in silence
C. Remind yourself it's just for fun and keep playing
D. Argue about the rules
4. Your classmate laughs after you make a mistake while reading aloud.
A. Laugh along and try again
B. Shout, "Stop laughing!"
C. Refuse to read anymore
D. Call them a mean name
5. You're hungry and the lunch line is very long.
A. Push to the front
B. Complain loudly to everyone
C. Leave the line and skip lunch
D. Take deep breaths and wait your turn
6. Your little brother borrows your favorite toy without asking.
A. Yell and grab it back
B. Ask him to please return it next time he borrows something
C. Break one of his toys to get even
D. Hide your toys forever
7. Your pencil breaks in the middle of a quiz.
A. Raise your hand and ask for another pencil
B. Sit there doing nothing
C. Shout that it's unfair
D. Tear your paper in frustration
8. You spill your drink on your homework right before turning it in.
A. Blame someone else
B. Cry loudly so everyone notices
C. Tell your teacher calmly and ask if you can redo it
D. Throw the homework away and give up