

Name _____

Trigger Choices Answer Key

- | | |
|------|------|
| 1. B | 5. D |
| 2. D | 6. B |
| 3. C | 7. A |
| 4. A | 8. C |

Teacher's Guide:

- **Purpose:** Builds awareness of emotional triggers and helps students practice calm, problem-solving responses instead of reactive ones.
- **Differentiation Tips:**
 - Read vignettes aloud for struggling readers and discuss each option before circling.
 - Allow students to explain their reasoning to promote verbal problem-solving.
 - Provide visual cues (red = upset, green = calm) for emotional regulation practice.
- **Engagement Ideas:**
 - Act out each scenario in pairs to explore different choices and outcomes.
 - Have students create their own "trigger quiz" questions for classmates.
- **Extension Activities:**
 - Encourage journal reflection: "A time I stayed calm when I felt triggered was..."
 - Link to real-life classroom triggers and brainstorm group strategies to stay calm.