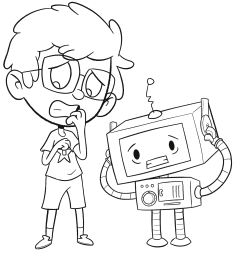


Name: _____

My Trigger Map

Start



Draw a picture of something that triggers you.

When does it happen?

Take a break if you are feeling upset.

Notice your feelings and circle how you feel.



Sad



Angry



Scared



Worried



Hungry

Where does it happen?

Make choices that help you learn.

Draw or write 3 ways to calm your big feelings.

Finish



I am calm and ready to learn.