

Trigger Tool

Have you noticed what may be triggering your student? Some triggers you have probably known for quite some time, but others may be a little more subtle. Write down all the triggers your child has or that you have noticed.... start a brainstorm of the why's??

Triggers	Why?
Changing from one activity to another activity	Your student does not understand the new activity Your student was enjoying the last activity Your student has a hard time getting finished on time and wants it to be complete before moving on Your student does not want to share next activity with their classmate
Getting started every morning	Your classroom starts with silent reading and your student struggles with reading Your class does their journal first thing, your student struggles with printing Your students have gym class, the noise in the gym bugs them There are a lot of social demands before getting into class and your student struggles to connect with their peers
Saying 'No'	Your student feels they won't be able to another time Your student doesn't understand why you say 'no' Your student struggles to see someone else's perspective
Giving a homework assignment	Your student wants it to look perfect Your student struggles with paying attention in class and needs extra time Your student feels they have done a lot of work already Your student has a strong sense of injustice
Trying Something New	Your student is scared they won't be able to do it Your student is sensitive to any feedback Your student doesn't want to feel embarrassed Your student doesn't want to do it wrong

Triggers	Why?

