

Trigger Cards — What Sets Me Off

Students sort into easy, medium, or hard — and name a plan for the hard ones.

CARD 1

Somebody interrupted me

Easy · Medium · Hard for me

CARD 2

I lost a game

Easy · Medium · Hard for me

CARD 3

I was told no

Easy · Medium · Hard for me

CARD 4

Somebody teased me

Easy · Medium · Hard for me

CARD 5

The plan changed suddenly

Easy · Medium · Hard for me

CARD 6

Somebody took my things

Easy · Medium · Hard for me

Social Skills Program · Anger Management Unit · Week 2 · 12 cards



Trigger Cards — What Sets Me Off

Students sort into easy, medium, or hard — and name a plan for the hard ones.

CARD 7

I had to wait a long time

Easy · Medium · Hard for me

CARD 8

Somebody skipped my turn

Easy · Medium · Hard for me

CARD 9

I could not do the work

Easy · Medium · Hard for me

CARD 10

Somebody laughed while I talked

Easy · Medium · Hard for me

CARD 11

I was told to stop something I liked

Easy · Medium · Hard for me

CARD 12

It was loud and crowded

Easy · Medium · Hard for me

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