

SEL WORKSHEETS – SELF AWARENESS

knowing your buttons

TRIGGERS

grades 3-5

Quick, Easy, Bite-Size Worksheets

5 worksheets that break the topic up so students learn about one part at a time.



Each worksheet has an intro, a reflection question, and a brief exercise



Ready-to-print PDF or
Fill-in Google Slides

What's Covered



All about triggers

Not everyone reacts the same way

Knowing your triggers

Stopping or avoiding triggers

Making a plan to handle them

Worksheet Layout

FRONT

BACK

TRIGGERS

Events will cause different reactions. What bothers one person, may bother another.

intro to topic

DAY 2

We all have different triggers.

TRIGGERS CHANGE

Something that bothers you today, might not bother you in the future. Triggers change as we change.



DIFFERENT TRIGGERS

We all have different triggers. What rolls off my back, may get under your skin. That's okay!

PRACTICE EMPATHY

Something that isn't a big deal to you, may be a big deal to me. Be kind to others having a hard time.



TRIGGERS Day 1

Have you ever gotten angry quickly and acted without thinking? What got you angry?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Read the triggers below. Circle the ones that would cause negative thoughts, feelings, or actions for you.

Losing a game.

Being hungry.

Being left out.

Bossy work partner.

Losing my favorite pen

Someone cheated

Schedule changes

Cleaning my room

Being told no.

Being called on.

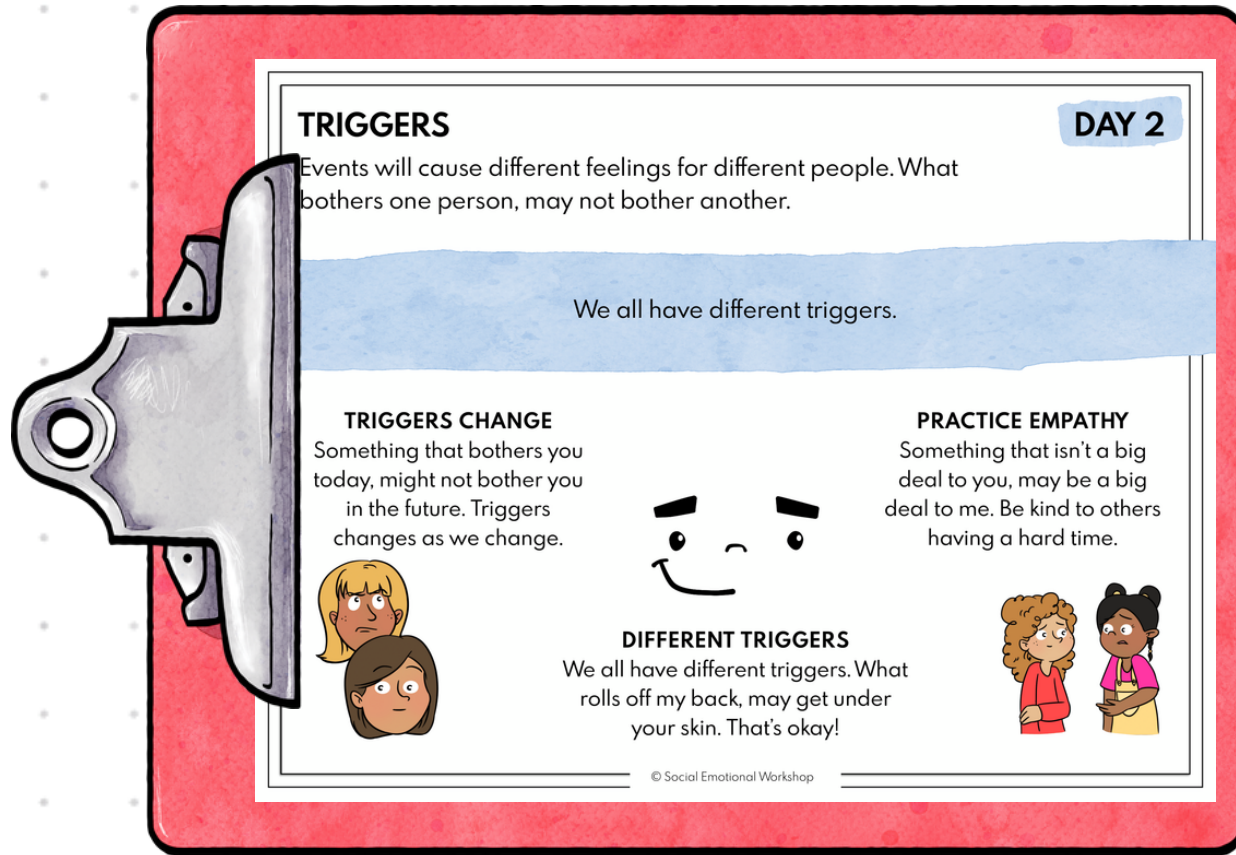
Missing math lesson.

Having a test.

brief
exercise

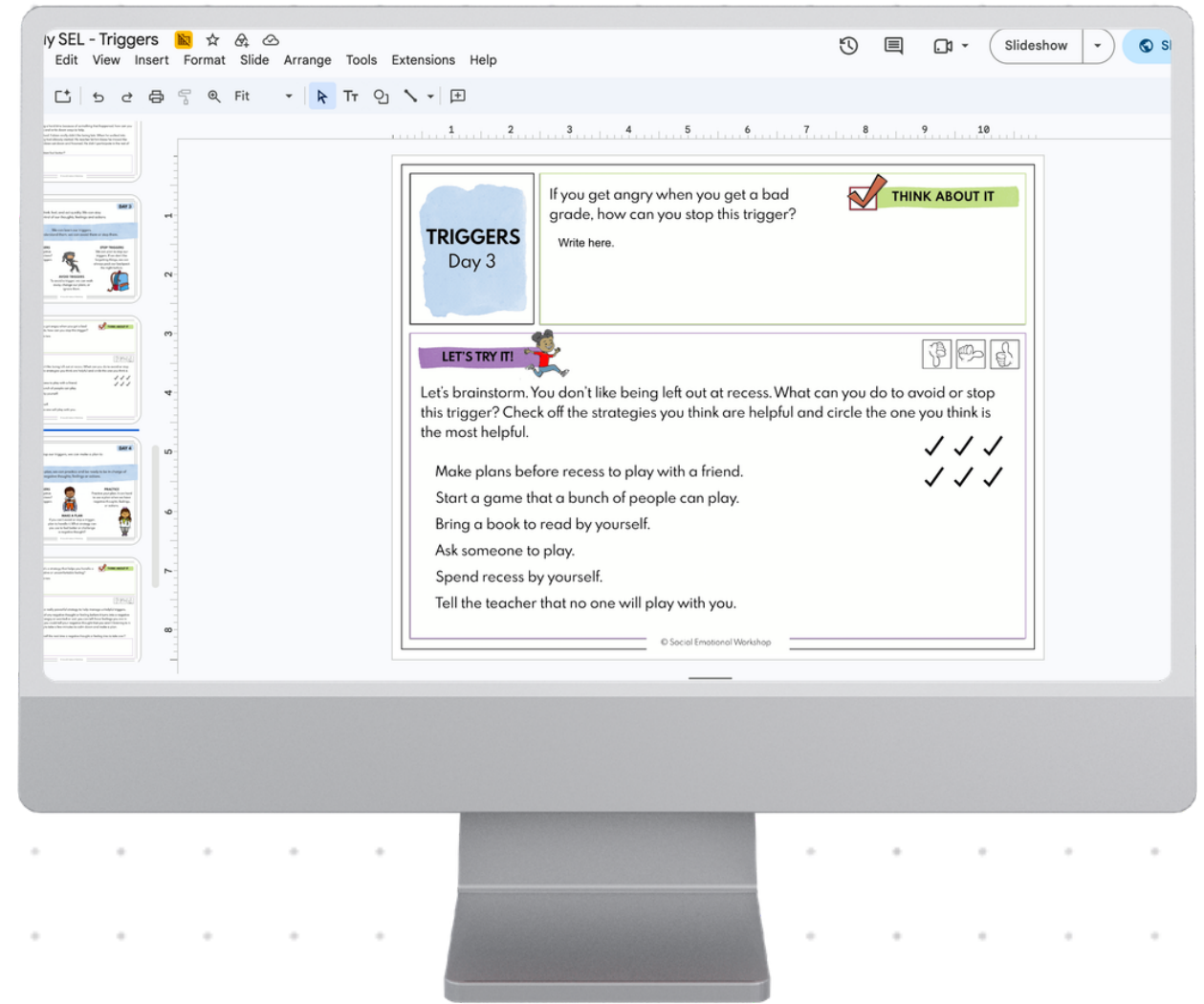
Formats

Print in Color or BW



Fill-In Google Slides

Students can fill in the worksheets.



Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



File Format

PDF

Google Slides



AND

Print and go

No prep

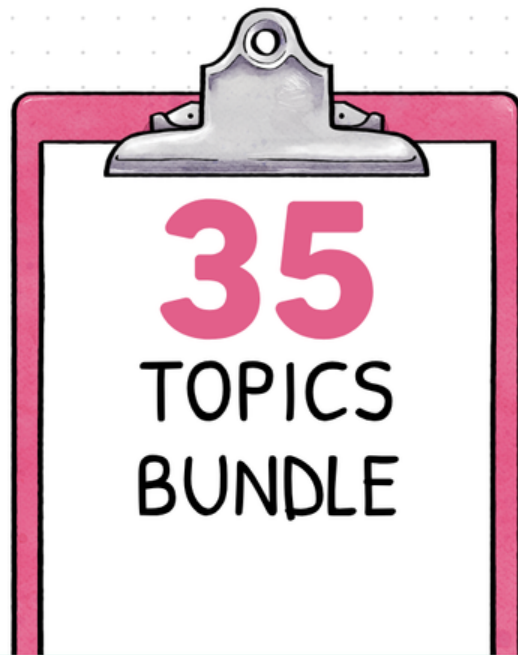


Printing

Color and BW

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GRADES 3-5

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Social Emotional
Workshop 

Hi! I'm Laura

I create research-driven, uncomplicated tools and resources that help students build social and emotional skills in the classroom and counseling.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

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