ZONES OF REGULATION

LESSON 9: Caution! Triggers Ahead
GOALS

* Gain awareness of more success when in green zone
* Recognize personal triggers that lead to the Red or Yellow Zone
* Work on problem solving to avoid triggers
MATERIALS NEEDED

* One sheet of yellow construction paper or one Triggers worksheet
* Yellow marker, crayon, or colored pencil
* Black marker if using construction paper
* Writing utensils
PREPARATION

* Copy a triggers worksheet or make yellow caution sign saying, “Caution! Triggers Ahead.”

* Explain the use of caution signs as a warning.
ACTIVITY

• Ask clients to think about triggers they experience in their own lives

• Have clients write down any triggers they think of on the worksheet

• Encourage to add to the list of triggers in the future when discovered

• Brainstorm with clients about the triggers they list. If a student lists math, for example, ask what it is about math that they dislike.
WRAP-UP

* Have clients ask other family members and/or peers to help them identify triggers

* Assess their ability to reflect on their behavior by asking the students to discuss the following:
  * Why do you think it is important to recognize your own triggers?
  * How will this help you?
  * How is it helpful to know each other’s triggers?
  * What will you do differently if you know what triggers your peers?
  * How could this influence your family and/or friends as a whole?
  * What will you do the next time you detect one of your triggers?

* Explain that it is normal for zones to fluctuate throughout the day
ADAPTATION and GENERALIZATION

* Have clients do worksheet with family and/or friends
* Have clients observe movie (i.e. Frozen, Tangled, etc.) and assess triggers of characters
* Be creative!