



Life without limits for people with disabilities™

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.

Triggers Worksheet



CAUTION! Sometimes things happen to make me feel worried, upset, or frustrated! These things are called "triggers." These put me in the Yellow or Red Zone! Here are some of my triggers:



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!