

HAPPY HABITATS

Eruption Trigger Tracker Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ✓ Eruption Trigger Tracker
- ✓ Pens and Pencils

L.O:

- ✓ To recognise the triggers that lead me to losing my temper or get angry.
- ✓ To be able to manage these triggers to help prevent me from losing my temper.

STARTING ACTIVITY (10mins)

GROUP DISCUSSION – With the class discuss the meaning of trigger. If they reference any kind of gun then you can accept this as the trigger causes the gun to fire. But in this instance lead them towards emotional triggers that happen during our life. Things that make us angry and potentially lead us to reacting in one way or another.

worksheets per child depending on how many emotions they/you decide to cover.

Tell the class that we will be thinking about the things that irritate us and make us angry, and remember times when we have eventually lost our temper. Then we will make a note of a number of ways in which we could counteract the trigger, and prevent us from overreacting or getting angry.

MAIN TEACHING (20mins)

Now the class knows what we are referring to in this instance when we talk about triggers, have them volunteer examples of what different triggers might be and how these might make them feel. This could be things such as if someone saying something mean to us, we miss the bus or train, or we don't get to watch our favourite show on TV.

Once the class has shared a number of suggestions, now ask them to think of ways in which they can manage these triggers. In each situation what can they think, or do to prevent themselves from getting too worked up and possibly overreacting.

Once we have finished the Eruption Trigger Tracker we can keep it to remind ourselves of how to stay calm and manage our anger.

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share some of their triggers, the solutions they have thought of to calm themselves down and why they think these situations make them angry in the first place.

MAIN TASK - Eruption Trigger Tracker (20mins)

GUIDANCE – Each Starry Mind worksheet will focus on one emotion so you may need multiple

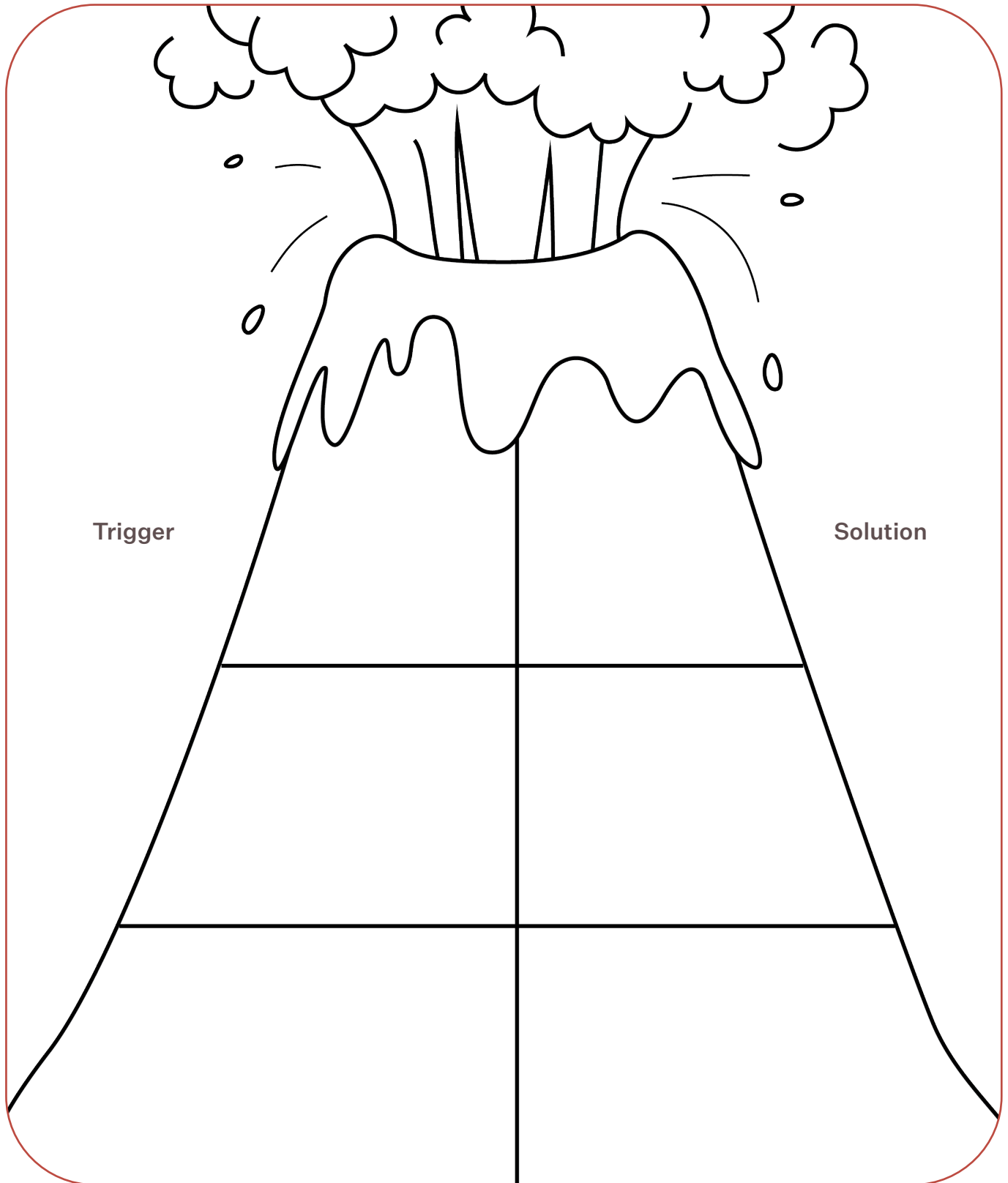
DID YOU KNOW!

Volcanic eruptions can do more than just spew out lava, they can cause tsunamis, flash floods, earthquakes, mudflows and rockfalls as well. Explore the science lesson and make your own volcanic eruption.

Eruption Trigger Tracker Worksheet

CHILDREN'S SHEET

We can all lose our temper sometimes, but maybe we can recognise why this happens in the first place. Think about situations that make you annoyed or angry and could lead to you losing your temper. Then think of a number of ways in which you could stop yourself from getting angry in these situations.



The worksheet is shaped like a volcano. The top of the volcano is a large, fluffy cloud-like shape. Below it, the volcano's body is a large trapezoid divided into a 3x2 grid of six rectangular sections. The left side of the volcano is labeled 'Trigger' and the right side is labeled 'Solution'. The grid is designed for children to write down situations that trigger anger and the solutions to those situations.

Trigger	Solution