AGES 3–12 PRINTABLE WORKSHEET

Understanding My Child's Triggers



WHAT THIS IS

A trigger is something that makes a hard moment more likely. When you spot patterns, you can prepare instead of react.

HOW TO USE IT

1. Check the triggers you have noticed.
2. Pick the top three.
3. Plan one change for each.

EXAMPLE

"Trigger: leaving the park. Early sign: whining. Plan: a 5-minute warning and a countdown."

Common triggers (check any)

- ☐ Hunger or thirst
- ☐ Tiredness
- ☐ Transitions
- ☐ Being told "no"
- ☐ Hard tasks or homework
- ☐ Loud or busy places
- ☐ Waiting
- ☐ Screen-time ending
- ☐ Sibling conflict
- ☐ Changes in routine
- ☐ Feeling left out
- ☐ Separation from caregiver

Early warning signs I notice

What usually helps

Top trigger	What I will try before it happens
1.	
2.	
3.	

Behavior is communication. Ask: what might my child be trying to tell me?

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