

Stress Triggers

You don't get what you want
Changing activities
Change in schedule
Surprises
You hurt yourself by accident
Someone hurts you
Yelling
Being corrected
Arguing
Horseplay
Bright lights
Noisy like a cafeteria
Homework
Writing
Counseling
Other people breaking rules
Eating sounds
Loud noises
Your parents
Being late
Thinking you might fail
Needing help
Someone looking at you
Looking people in the eyes
Bedtime
Shower/bath
Certain smells
Losing a game
Bullying/Teasing
Making a mistake
Riding the bus
What else?

