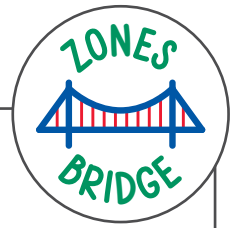


# Concept 6 – Situations that Trigger and Spark



## WHAT ARE WE LEARNING?

We are learning to identify our triggers and sparks. Triggers and sparks are situations that cause us to feel less regulated.

A **trigger** is an unwelcome event or sensation that causes uncomfortable feelings, such as anger, worry, sadness, or panic. This may cause us to change Zones.

A **spark** is a welcome event or sensation that causes stronger feelings of joy, such as excitement, elation, or silliness. Even positive events can change our Zones.



## WHY IS IT IMPORTANT?

- When we're aware of our triggers and sparks, we're less surprised when our feelings change and more ready to regulate them.
- Sharing our triggers and sparks with others help us understand and support each other.



## ASK AND SHARE

To help with learning, discuss these questions together.

- *What is a trigger you've noticed this week? How did it change your Zone?*
- *What is a spark you've noticed this week? How did it change your Zone?*
- *Find some triggers and sparks you have in common.*



## BRIDGE ACTIVITY: TRIGGERS AND SPARKS FISHBOWL GAME

- 1 Everyone writes or draws a personal trigger and spark on separate squares of paper and places it in the bowl. Players can add more than one of each.
- 2 Take turns picking one from the bowl. Act out what you picked. Provide clues without revealing the answer.
- 3 Everyone else tries to guess the trigger or spark and who added it.

Challenge: Play additional rounds, only giving one-word clues and/or acting it out silently.

