

## Reflective Activity: Triggering Student Behaviors

You can use the chart below to help identify student behaviors that are triggering for you, warning signs in your body, changes in your nonverbal communication, or ways that you can tell that you are becoming frustrated, overwhelmed, as well as the underlying vulnerability:

Triggering student behaviors or environmental stressors:	Identify warning signs in your body:	Underlying vulnerability	What can I do in this moment to calm myself?
<i>Students talking, and/or noisy environments are very overwhelming for me.</i>	<i>My muscles get tight, I clench my jaw, my heart beats quickly, I start thinking thoughts that I can't take this anymore!</i>	<i>Maybe I have an auditory sensitivity that makes noisy environments unbearable to me.</i>	<i>Take a deep breath, ask for help from my teaching assistant, get a glass of water, model for my students how to calm down when upset.</i>