

# My Body Knows. Do I Know? Learn & Practice

## Words to Know

Word	Definition	Example	Your Example!
<b>Emotion</b>	My attitude, a feeling, or my mood	Mad	
<b>Trigger</b>	Situations happening around me that change my emotion	My cat ripped my teddy bear	
<b>Flight</b>	A stress response that may cause you to move fast and run away	Running to my room	
<b>Fright</b>	A stress response that may cause you to stay still	Putting my head down	
<b>Fight</b>	A stress response that may cause you to kick, stomp, or swing	Kicking my door	
<b>Coping Skill</b>	An action I can do to keep my emotion in control	Counting to 10	

## Fill in the Chart & Add More!

Emotion	Body's Clue	Trigger	Coping Skill
Sad			
Mad			
Scared			