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?

