**Lesson Title: Identifying Emotions and Triggers**

**Pre and Post Assessment**

**Student name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_\_\_**

**Dates \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ Form completed by: \_\_\_\_\_\_\_\_\_\_\_**

**Place a + in the column if the student completes the skill**

**Place a / in the column if the student partially completes the skill**

**Place a – in the column if the student is unable to complete the skill**

**Provide a comment for each skill if needed on the C line**

|  |  |  |
| --- | --- | --- |
| **Skills observed & Comments (C:)** | **Pre-test** | **Post-test** |
| 1. Discriminates between thoughts, feelings, & actions by identifying each when shown 3-5 pictures |  |  |
| **C:** |  |  |
| 1. Defines the term ‘trigger’ in relation to feelings (something that happens that makes us feel a certain way) |  |  |
| **C:** |  |  |
| 1. Identifies possible feelings and actions once a trigger has occurred when shown 3-5 pictures |  |  |
| **C:** |  |  |
| 1. Describes personal triggers and associated feelings |  |  |
| **C:** |  |  |
| 1. Identifies 3-5 ways to calm feelings. (take deep breaths, count to 10, think of calm pictures) |  |  |
| **C:** |  |  |
| 1. Demonstrates understanding of 5 point scale by devising own personal one w/adult assistance including ‘actions’ |  |  |
| **C:** |  |  |
| 1. Student is observed to use a strategy if a ‘trigger’ has occurred for him/her. |  |  |
| **C:** |  |  |
| 1. If applicable student completes homework page accurately & w/minimal assists (post lesson) |  |  |
| **C:** |  |  |