

My Hot Buttons

Read each sentence and answer honestly. Take your time and think carefully about each example before you rate yourself.



1

Doesn't bother me at all



2

Makes me feel a little uncomfortable



3

Makes me feel stressed



4

This upsets me



5

I get hijacked

RATE EACH SITUATION BELOW BETWEEN 1 - 5

1

2

3

4

5

Someone interrupts me when I'm working

A teacher tells me to fix a mistake

When I don't understand what someone is saying to me

When I disagree with a classmate

When a teacher tells me to do something that I don't want to do

Group work with classmates

When someone tells me how to do something and I already know

When I am excluded from an activity or conversation

When I feel ignored

Getting a low score on a test

Coming back to class on time after break

Writing

When I make a mistake

When someone calls me a name

Waking up to start remote learning

My Hot Buttons



1

Doesn't bother me at all



2

Makes me feel a little uncomfortable



3

Makes me feel stressed



4

This upsets me



5

I get hijacked

RATE EACH SITUATION BELOW BETWEEN 1 - 5

1

2

3

4

5

When someone cheats and won't admit it

When I have to do something that is too hard

When the class is too noisy

When my peers pressure me to do something I don't want to do
When I get blamed for something I didn't do

When I have to do maths

When I have to try something new

When people tease me

When I don't get enough time to finish my work

Sitting and listening for a long time

Reading

Write your own example

Write your own example

Write your own example

Look over your list and pay careful attention to the items that make you feel the most stressed, upset or hijacked. Choose your top three hot buttons and write them below.