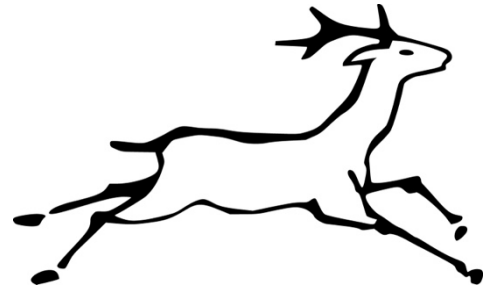


# Running Deer Emotional Curriculum



## Stage 4: Managing Emotions

### Lesson 1: Emotional Triggers

Review: To what extent has the student met the learning outcomes?

Student Name:

Learning outcome	Emerging (just starting)	Developing (almost)	Secure (yes)
I can recognise things that trigger my emotions, especially “big feelings”			