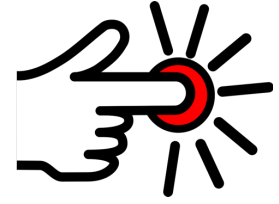


Grade 5 HOPE Launch Lesson Handout
Activity #2 – What Are My “Buttons”?



What Are My Buttons?

Name: _____

Complete the table below.

In the first column, describe a situation that causes you to get frustrated (my “button”). In the second column, describe how you react to that situation (Example: I slam doors.). Finally, in the third column, list what part of the brain you are using (upstairs or downstairs) based on your reaction to the situation.

I get frustrated when..... (my button)	When this happens, I.....	What part of my brain am I using?