

# Week 3 Triggers and Tornado Zone

# Let's Talk

Name \_\_\_\_\_

## What is the Tornado Zone?

A worksheet featuring 10 sets of horizontal blue lines for handwriting practice. In the top right corner, a red speech bubble contains the text 'What is the Tornado Zone?'. In the bottom right corner, another red speech bubble contains the text 'What makes you feel angry?'. The rest of the page is blank for writing.

What makes  
you feel angry?

A large, empty white space framed by a thick black border. In the bottom-left corner, there is a red speech bubble containing the text "What are the 5 steps out of the Tornado Zone?".