

Bug Spotter Lab

What's Bugging You?

A guide to helping young people identify their triggers.

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Bug Brain Warm-Up

 When was the last time you were annoyed or bugged by someone or something? _____

 How did you feel? (circle or check)

 Angry  Sad  Frustrated  Okay Other: _____

 Write or draw a few details about the experience.

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Bugs! Bugs! And more BUGS!

Circle the bugs you've encountered.

- Loud Bug
- Fairness Bug
- Hungry Bug
- Worry Bug
- Embarrassment Bug
- Don't Like Change Bug
- All Eyes On Me Bug
- Comparison Bug
- Didn't Get Picked Bug
- Tired Bug
- Waiting Bug
- Not My Way Bug
- Friendship Bug
- Too Easy or Too Hard Bug
- Bored Bug
- Comparison Bug
- Mistake Bug
- Personal Space Bug

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Bug Detective

When a bug shows up, your body gives clues.

Circle what happens to YOU:

- heart beats fast
- face feels hot
- stomach feels weird
- muscles tighten
- want to yell
- want to cry
- want to walk away
- can't focus

Star or double circle the most common bugs that show up for you.

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Be a Bug Catcher

Catch It Early Plan

When I notice a bug, I can

Pause

Take 3 deep breaths

Ask for space

Get a drink of water

Talk to an adult

Use positive self-talk



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Remember . . .



Bugs are not bad.

They are signals that you need something.

The earlier you spot them

the easier they are to manage.



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