

Name _____

Ride the Urge Wave (Urge Surfing Tracker) Answer Key

Note: There are no single "correct" answers for this worksheet. The goal is for students to recognize urges, identify triggers, and practice coping skills. The examples below show reasonable responses a child might give.

Step 1: What Was the Urge? Example responses:

My urge was to yell at my little brother when he took my toy without asking.

Other possible examples:

I wanted to quit my homework and throw my pencil.

I wanted to slam the door when I got mad.

I wanted to grab my phone instead of finishing my work.

I wanted to argue with my friend.

Step 2: How Big Was the Urge? Example response: 8

Explanation: The child felt very angry and the urge felt strong, but it was not the strongest feeling possible.

Other acceptable examples:

6 - the urge felt pretty strong

7 - the urge was hard to ignore

9 - the urge felt extremely strong

Step 3: What Started the Wave? Example response:

My little brother took my toy and would not give it back. I felt like it was unfair.

Other possible triggers:

A friend said something mean.

My teacher corrected my work and I felt embarrassed.

I was tired after school and got frustrated easily.

Something did not go the way I expected.

Step 4: Surfing Skills I Used Example response:

I took three deep breaths and walked to another room for a few minutes.

Other possible skills:

Counting slowly to ten

Talking to a parent or teacher

Taking a short break

Listening to music

Thinking about something calming

Drinking water and sitting quietly