STRESS EXPLAINED: ELEMENTARY EDITION

Times when my stress response shows up:
________________________________________
________________________________________
________________________________________

How my stress response feels in my body:
________________________________________
________________________________________
________________________________________

Which strategy do you prefer? (please circle)

- **starfish breathing**
- **box breathing**

My other awesome calm down strategies:
________________________________________
________________________________________
________________________________________

Thinking about stress

A not-so-helpful thought about my stress:
________________________________________
________________________________________
________________________________________

A more helpful thought about my stress:
________________________________________
________________________________________
________________________________________

Who are your trusted adults you can go to in times of stress?
________________________________________
________________________________________
________________________________________

A supplementary activity to accompany this video about stress:
https://www.youtube.com/watch?v=k8FiAxAqqYE