

MAKING FRIENDS WITH STRESS

Match each character's stressful situation with the skills & resilience they built.



- tries out for a new sports team
- fails a science test



- has a disagreement with a friend
- is feeling left out at recess



- is worried about homework
- is 3.75 minutes late for school

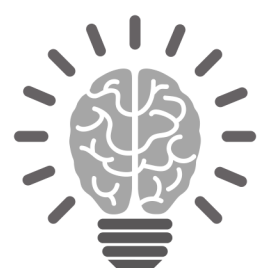


- forgot to save her video game
- is told her pet frog passed away



- is going to a birthday party where he only knows 1 person
- plays drums in a talent show

- Learns to stop, breathe & pick up from the last point in the game - and to press 'save!'
- Learns to make a study plan & to ask for help if he doesn't understand something in school
- Learns that friendships have ups & downs & it's OK to say sorry when you need to
- Learns how to settle into class even after the bell rings
- Learns that it's common for the stress response to show up at team tryouts
- Learns that it's easier than he thought to make new friends at a birthday party
- Learns to reach out to her parents for support during times of grief & loss
- Learns there is a homework club where students can go for help after school
- Learns to ask to join in with a group of classmates at recess
- Learns that calm breathing & encouraging self-talk can help him feel ready for a performance



Remember: Some stress is good! It helps us learn & build new skills. When has your stress helped you?

MAKING FRIENDS WITH STRESS ANSWER SHEET

Match each character's stressful situation with the skills & resilience they built.



- tries out for a new sports team
- fails a science test



- has a disagreement with a friend
- is feeling left out at recess



- is worried about homework
- is 3.75 minutes late for school



- forgot to save her video game
- is told her pet frog passed away

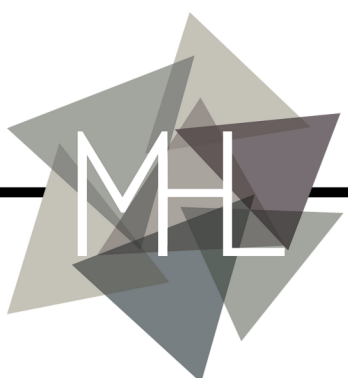


- is going to a birthday party where he only knows 1 person
- plays drums in a talent show

- Learns to stop, breathe & pick up from the last point in the game - and to press 'save!'
- Learns to make a study plan & to ask for help if he doesn't understand something in school
- Learns that friendships have ups & downs & it's OK to say sorry when you need to
- Learns how to settle into class even after the bell rings
- Learns that it's common for the stress response to show up at team tryouts
- Learns that it's easier than he thought to make new friends at a birthday party
- Learns to reach out to her parents for support during times of grief & loss
- Learns there is a homework club where students can go for help after school
- Learns to ask to join in with a group of classmates at recess
- Learns that calm breathing & encouraging self-talk can help him feel ready for a performance



Remember: Some stress is good! It helps us learn & build new skills. When has your stress helped you?



YOUR STRESS COPING SKILLS

Stress happens to everyone. Write or draw your coping skills.



Calming Strategies:

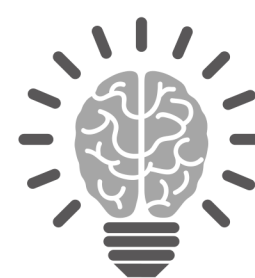
(Ways I calm my brain & body)

Thinking Strategies:

(Helpful thoughts I can use)

Problem-Solving Strategies:

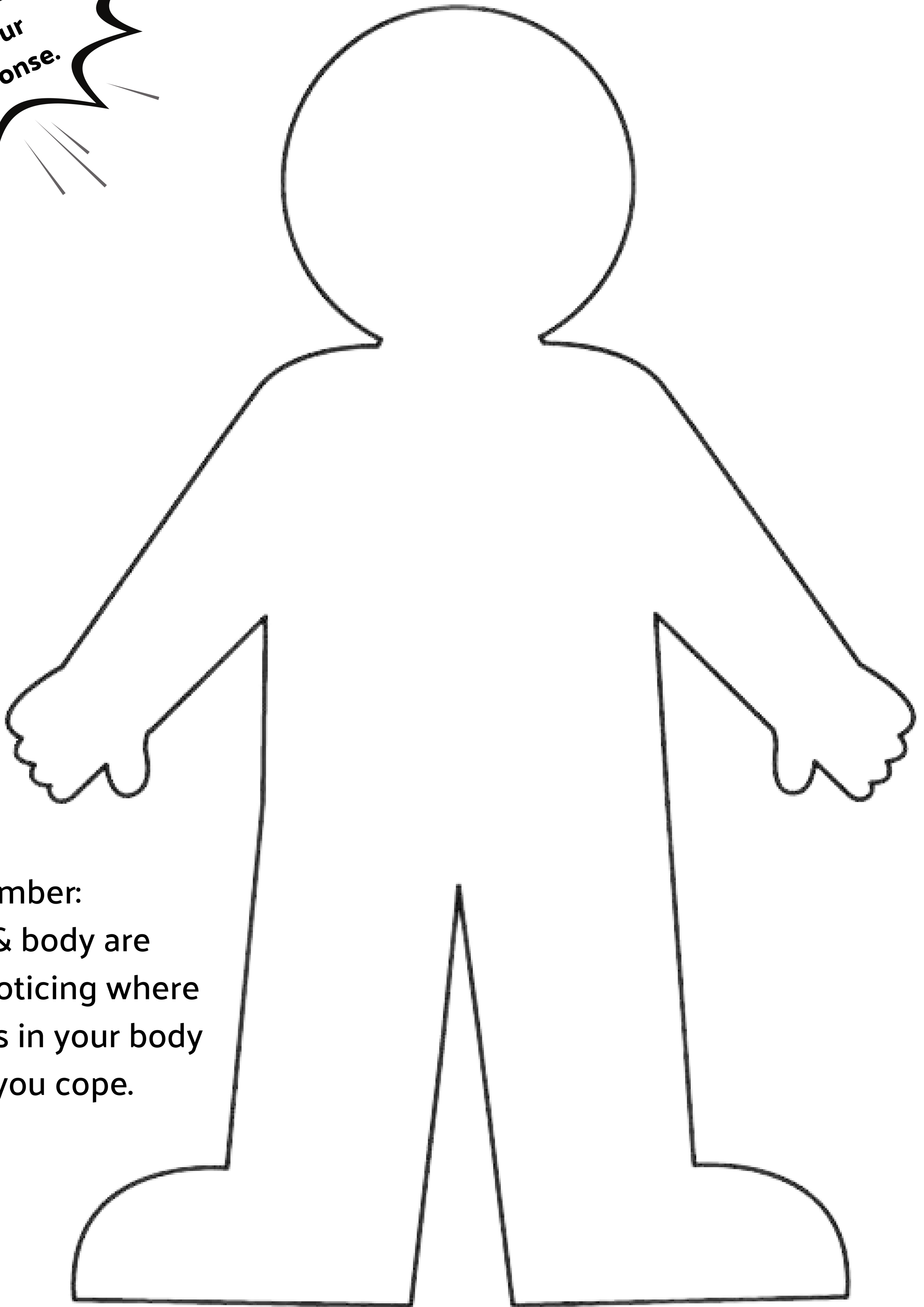
(Steps I take to face my stressor)



Remember:

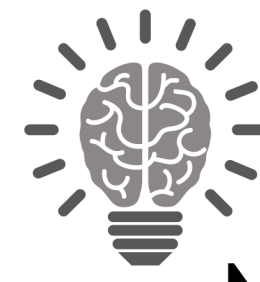
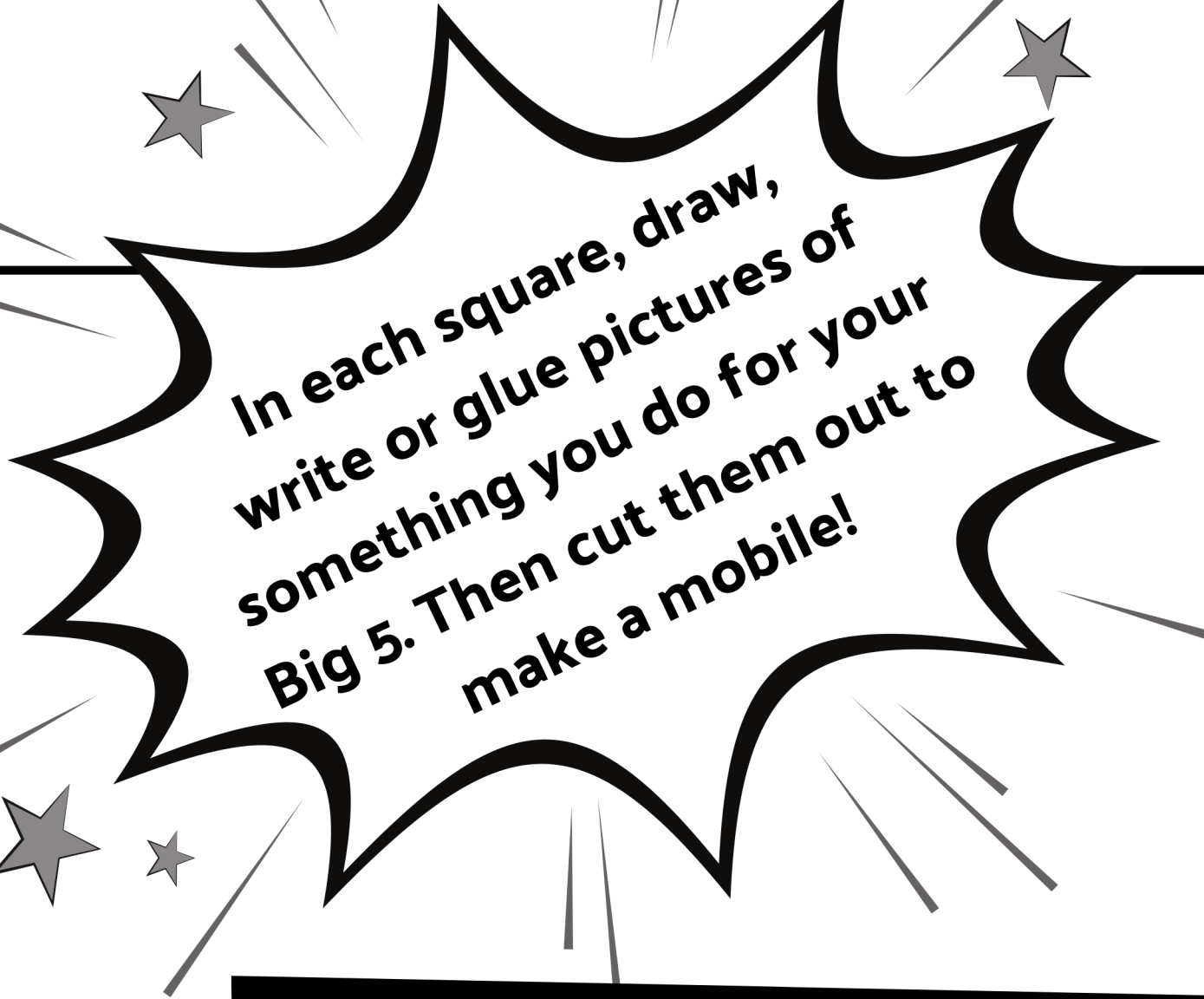
how we think about our stress, and the actions we take to deal with it, make a BIG difference.

KNOW YOUR STRESS RESPONSE



Remember:
the brain & body are
connected. Noticing where
you feel stress in your body
can help you cope.

BIG 5 MOBILES - PART 1



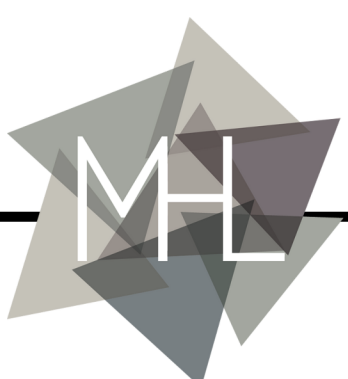
Remember:
Making time for
the Big 5 helps build
strong mental health.

Physical Activity

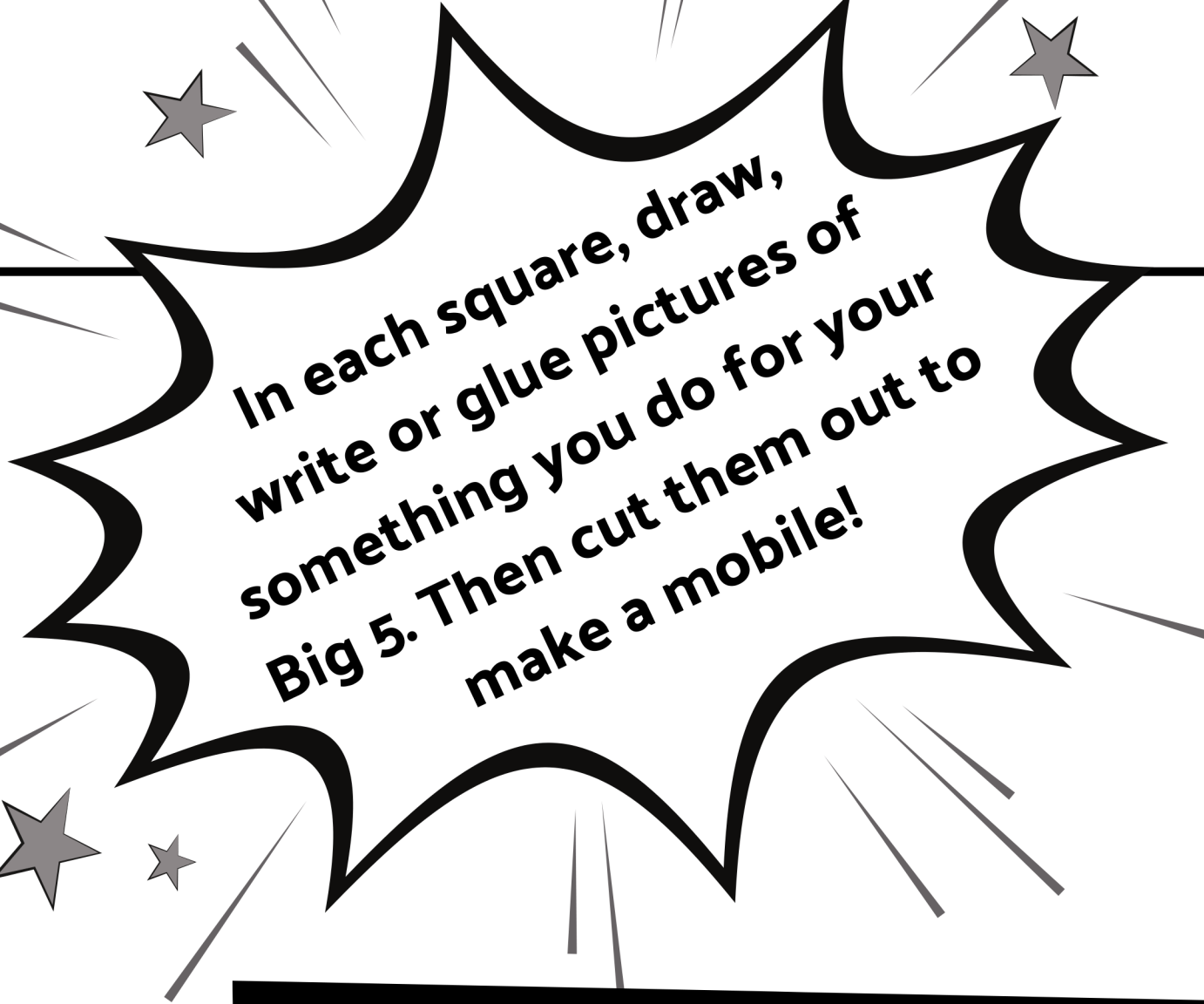
Healthy Eating

Healthy Sleep

Strong, Supportive Connections



BIG 5 MOBILES - PART 2



Remember:
Making time for
the Big 5 helps build
strong mental health.

Helping Others

