

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.



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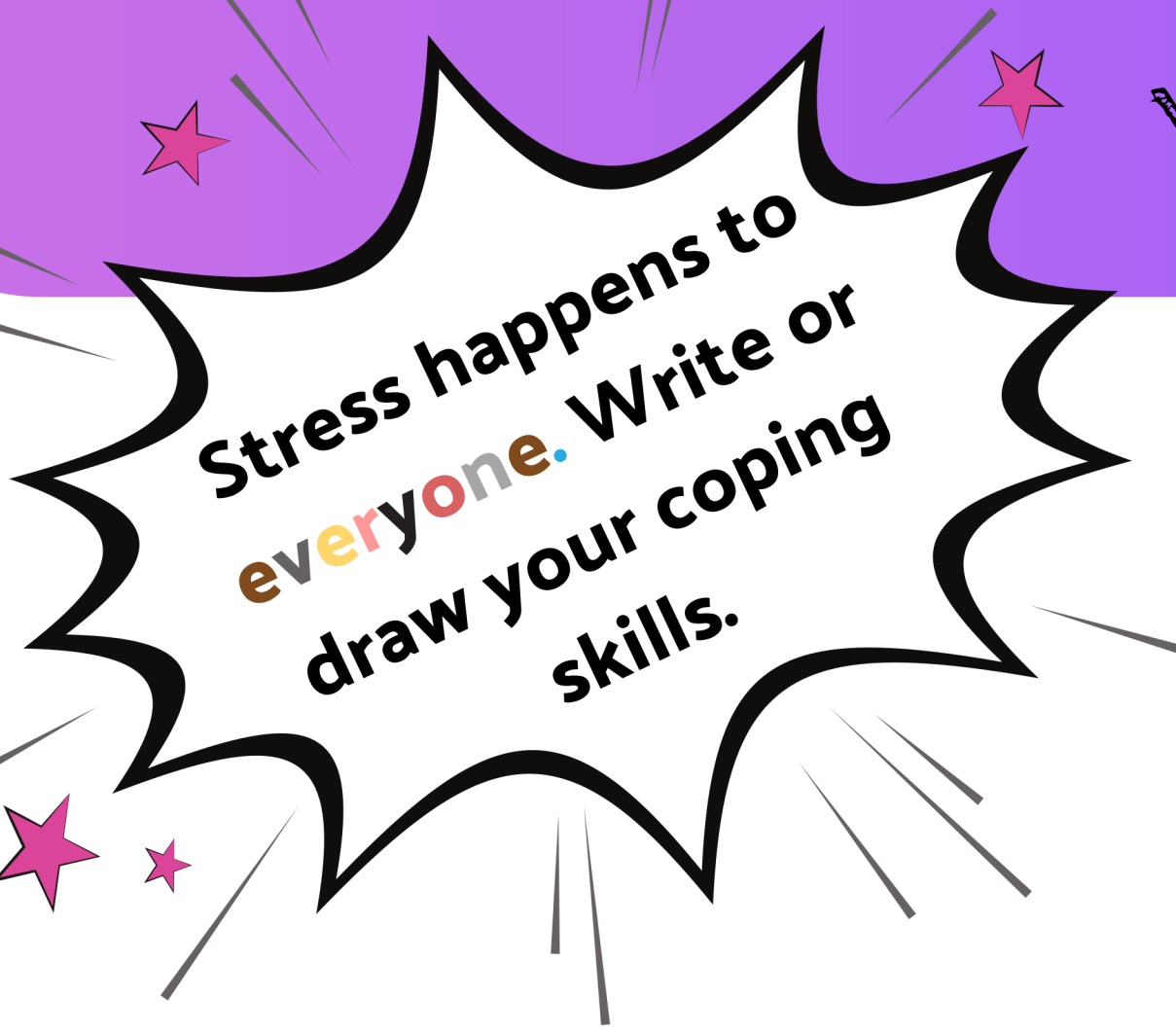
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YOUR STRESS COPING SKILLS



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)

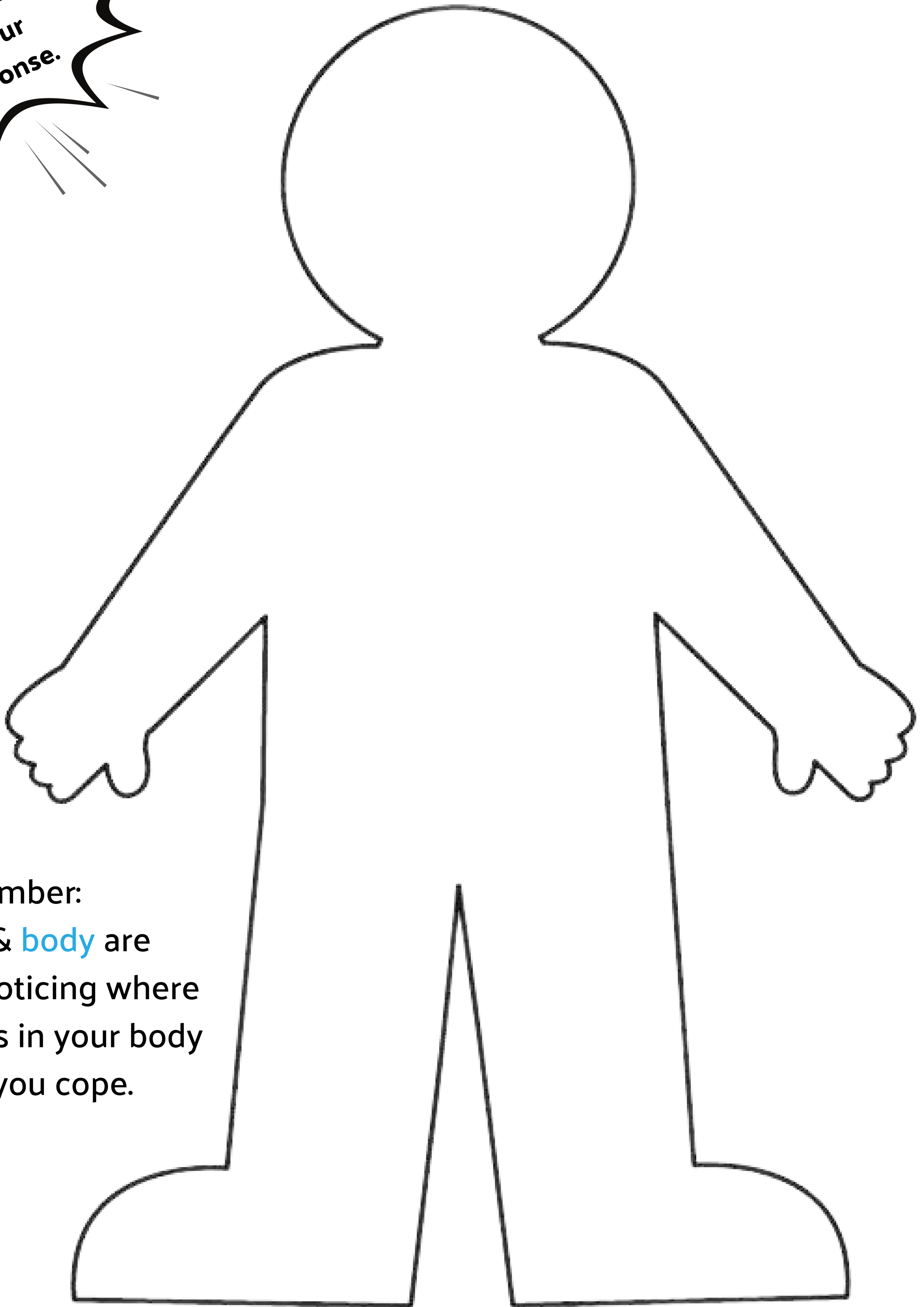


Remember:

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.

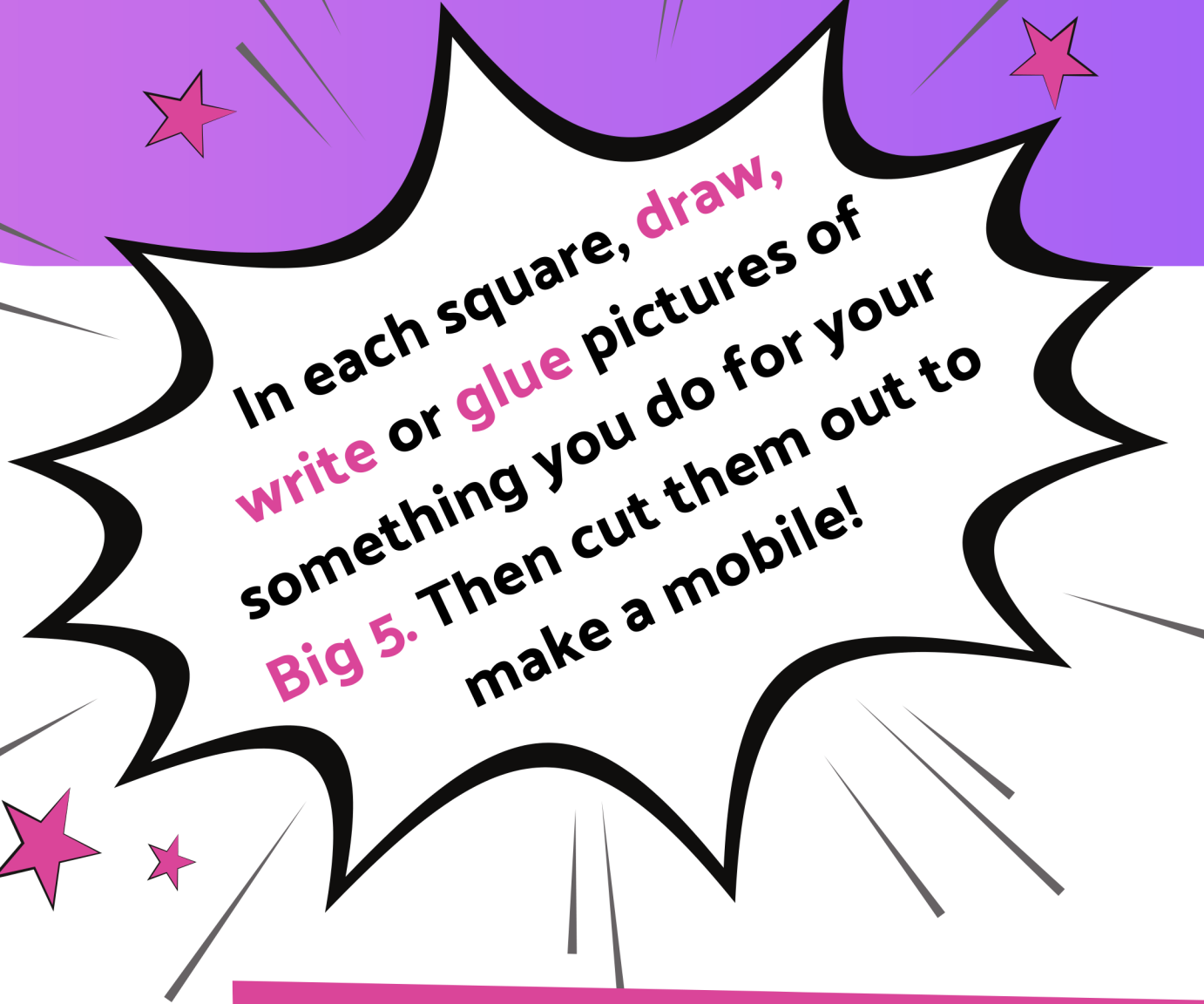
Physical Activity

Healthy Eating

Healthy Sleep

Strong, Supportive Connections





Remember:
Making time for
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strong mental health.

Helping Others

