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=k8FiAxAqgYE
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