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
Coping Clouds
<table>
<thead>
<tr>
<th>Unhelpful Thinking</th>
<th>Helpful Thinking</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will never meet new friends at school.</td>
<td>I might feel lonely, but soon I will get to know people.</td>
</tr>
<tr>
<td>I can’t solve this problem.</td>
<td>I have been studying, I am not going to give up this time.</td>
</tr>
<tr>
<td>They are right, I am a loser.</td>
<td>It hurts when people say mean things, but that meanness is usually more about them than me. I don’t have to believe what they say.</td>
</tr>
</tbody>
</table>
**STRESS SCENARIOS**

Choose one of these scenarios and record on your “Stress Explained” handout how you could change an unhelpful thought to a helpful thought.

<table>
<thead>
<tr>
<th>1. You answer a question in class and everyone laughs at your response.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. You did not do as well on your test as you hoped.</td>
</tr>
<tr>
<td>3. You missed scoring a goal and your soccer team lost the game.</td>
</tr>
<tr>
<td>4. You hear your best friend being invited over to someone else’s house.</td>
</tr>
</tbody>
</table>