

Date: _____

Name: _____

Stressed Out!

Goal: To identify things that stress you out, and to learn to deal with that stress in an appropriate way.

Think of a time when you were really worried, anxious, or stressed out about something.

Draw what you felt and thought then.

Share your drawing with a partner. Make a **connection** to their drawing.

Think about what you do to calm down and relax when you feel worried, anxious, or stressed out.

Write a tip for someone who might be feeling the same way.

Write a question or a new idea about stress, worry, anxiety or relaxation.
