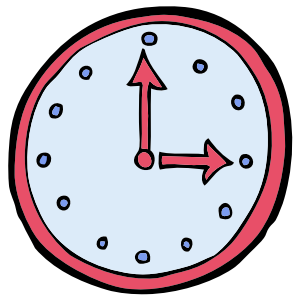
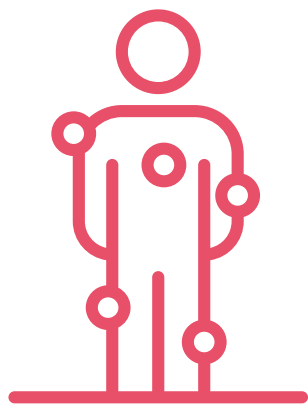


STRESS EXPLAINED: ELEMENTARY EDITION



Times when my stress response shows up:

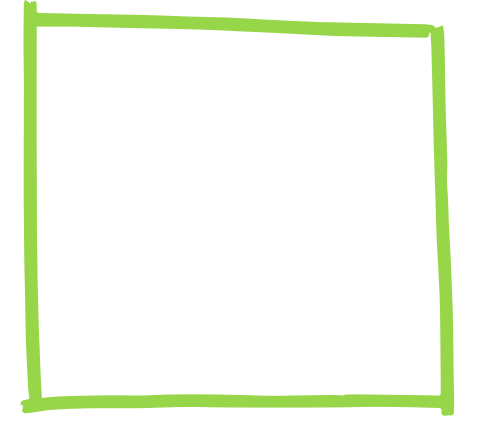


How my stress response feels in my body:

Which strategy do you prefer?
(please circle)



starfish breathing



box breathing

My other awesome calm down strategies:

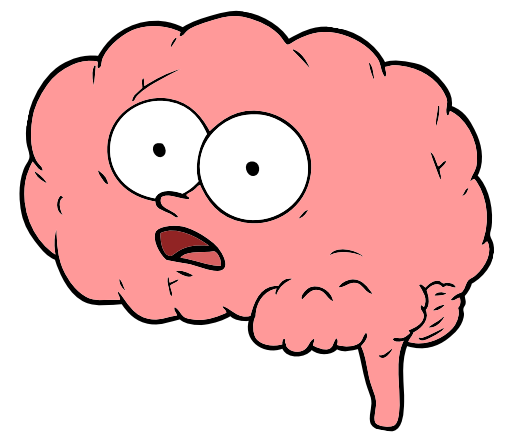


Who are your trusted adults you can go to in times of stress?



Thinking about stress

A not-so-helpful thought about my stress:



A more helpful thought about my stress:





A supplementary activity to accompany this video about stress:

<https://www.youtube.com/watch?v=k8FiAxAgqYE>