

STRESS MANAGEMENT

Print + Digital Activities



STRESS MANAGEMENT BOX BREATHING

2 • HOLD

INHALE
for 4

STRESS MANAGEMENT Circle of Control

Things I can NOT Control

Things I can Control

Other people's opinions
My attitude
My words
Other people's choices
My effort
My choices
My reactions
The past
The weather
Unexpected problems

Focus on what
you can control.

STRESS MANAGEMENT GROUNDING

5 THINGS
YOU SEE

4 THINGS
YOU HEAR

3 THINGS
YOU FEEL

STRESS MANAGEMENT Task Cards

You feel stressed because your phone keeps buzzing while you're trying to finish homework. What could you do to remove distractions and stay focused?

TYPES OF STRESS

ACADEMIC STRESS
Pressure from school, grades, tests, and assignments.

SOCIAL STRESS
Drama, peer pressure, friendships, or feeling left out.

FAMILY STRESS
Problems or changes at home and family responsibilities.

OVERWHELM STRESS
Feeling like you have too much to do and not enough time.

PERFORMANCE STRESS
Pressure from sports, activities, or trying to be your best.

CHANGE STRESS
Big changes like moving, starting a new school, or changes in routines.

HEALTH STRESS
Worrying about your own health or the health of someone you care about.

FINANCIAL STRESS
Worries about money, finances, or things you or your family need to pay for.

TECHNOLOGY STRESS
Too much screen time, distractions, or information overload.

EXISTENTIAL STRESS
Questions about the meaning of life, death, or the future.

MIDDLE SCHOOL

20+ Activities and Resources to teach stress management!



Name: _____ Date: _____ Per: _____

STRESS MANAGEMENT STOP Strategy

Read the scenario and use the STOP strategy to find a healthy response.

Scenario: You have a test tomorrow, two assignments due, and practice after school. You begin thinking, "I will never finish everything!"

Stop: Pause instead of panicking or avoiding the work.

Take a Breath: Use three slow breaths to calm your body.

Observe: Notice that you feel overwhelmed and are worried about running out of time.

Proceed: List the assignments, complete the most urgent task first, and ask for help if needed.

Scenario: Your teacher calls your name to present, and your heart starts racing.

Stop: _____

Take a Breath: _____

Observe: _____

EXAMPLE

Name: _____ Date: _____ Per: _____

STRESS MANAGEMENT Stress Triggers

Put a checkmark on the things that trigger your stress to be higher.

School

- ☐ Tests of quizzes
- ☐ Homework
- ☐ Presentations
- ☐ Grades
- ☐ Group projects
- ☐ Forgetting assignments
- ☐ Time Management
- ☐ Too many activities

Home

- ☐ Family responsibilities
- ☐ Chores
- ☐ Family disagreements
- ☐ Lack of sleep
- ☐ Busy schedule

Technology

- ☐ Social Media
- ☐ Group chats
- ☐ Mean comments

Sports & Activities

Name: _____ Date: _____ Per: _____

WRITING Prompts

STRESS MANAGEMENT

Write a letter to the student, giving them good advice on how to handle their situation.

Jordan feels completely overwhelmed. This week there are three tests, a science project, basketball practice every day, and homework in every class. Jordan is staying up late trying to finish everything, forgetting assignments, and feels like giving up because there is just too much to do.

STOP AND MANAGE STRESS

PAUSE • THINK • CHOOSE A HELPFUL RESPONSE

S STOP

Pause before reacting. Take a moment to stop what you are doing. Avoid yelling, quitting, or making a quick decision.

T TAKE A BREATH

Calms your body so your brain can think more clearly. Breathe in slowly through your nose, hold briefly, and breathe out through your mouth. Repeat this several times.

O OBSERVE

Notice your thoughts, feelings, and surroundings. Think about what caused your stress and how you are reacting. Separate the facts from worried thoughts or assumptions.

P PROCEED WITH A PLAN

Choose a healthy next step. Think about which response will help instead of making the situation worse.

ASK YOURSELF:

- What do I notice in my body right now?
- What happened?
- What am I feeling?
- What thoughts are going through my mind?
- What can I control?

YOU MIGHT:

- ☐ Break the problem into smaller steps
- ☐ Ask someone for help
- ☐ Use positive self-talk
- ☐ Take a short break
- ☐ Make a list or plan
- ☐ Talk calmly to the person involved

YOU MAY NOT CONTROL

MOST COMMON STRESSORS

- Tests and assignments
- Grades
- Busy schedules
- Friendship problems
- Peer pressure
- Family changes
- Conflict
- Sports or activities
- Moving/changing schools
- Social media
- Fear of embarrassment
- Trying something new
- High expectations
- Lack of sleep
- Financial worries
- Thinking about the future

Name: _____ Date: _____ Per: _____

STRESS MANAGEMENT Using Healthy Self-Talk

Read the negative self-talk and change it to positive self-talk.

NEGATIVE SELF-TALK: "I will never finish this"

POSITIVE SELF-TALK: _____

NEGATIVE SELF-TALK: "If I make a mistake, everything will be ruined."

POSITIVE SELF-TALK: _____

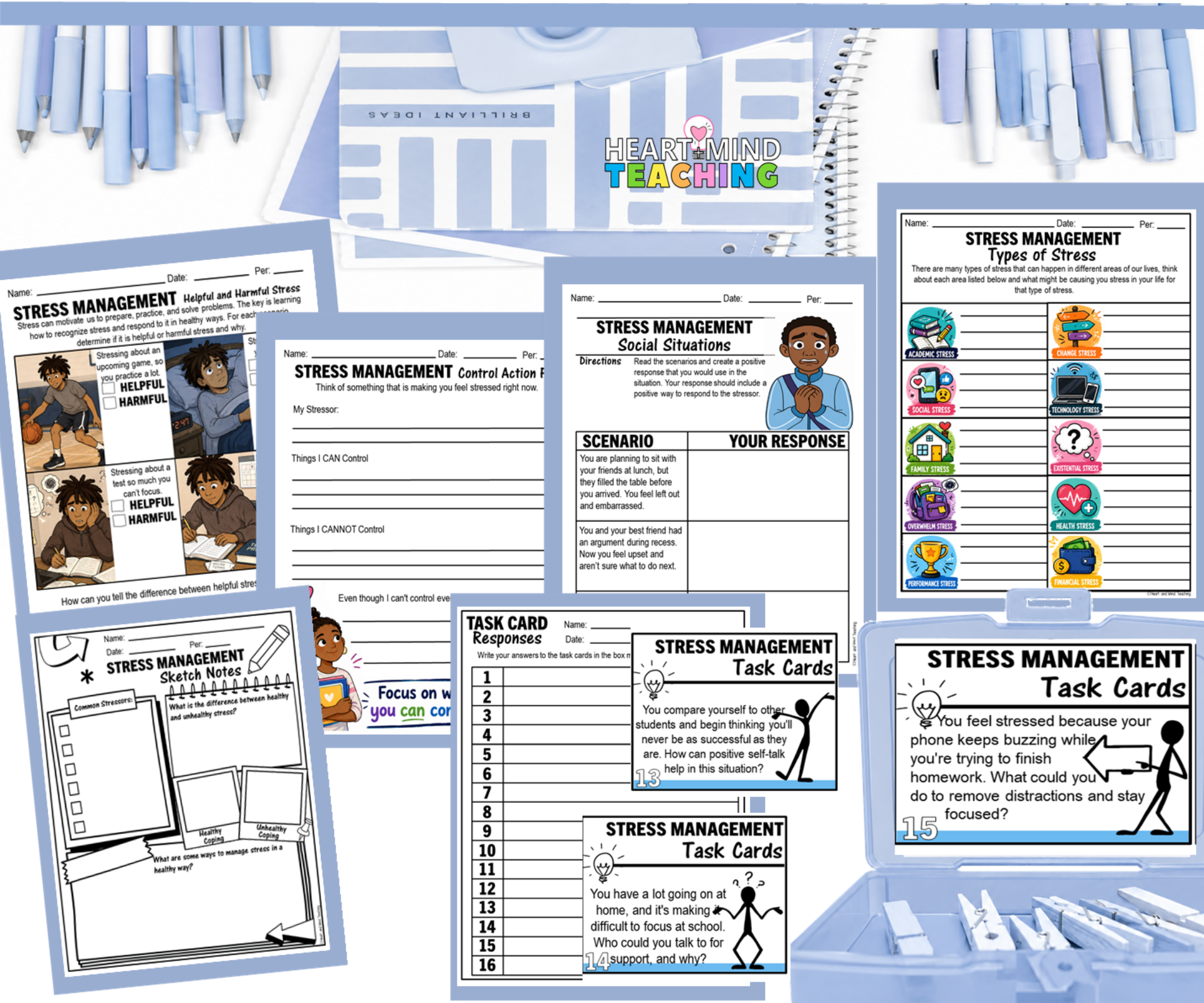
NEGATIVE SELF-TALK: "I have to handle everything alone."

POSITIVE SELF-TALK: _____

NEGATIVE SELF-TALK: "This is too much."

POSITIVE SELF-TALK: _____

Exit Slips, Sketch Notes, Task Cards, Writing Prompts, + more



Name: _____ Date: _____ Per: _____

STRESS MANAGEMENT Helpful and Harmful Stress

Stress can motivate us to prepare, practice, and solve problems. The key is learning how to recognize stress and respond to it in healthy ways. For each scenario, determine if it is helpful or harmful stress and why.



Name: _____ Date: _____ Per: _____

STRESS MANAGEMENT Control Action

Think of something that is making you feel stressed right now.

My Stressor:

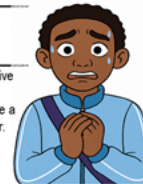
Things I CAN Control

Things I CANNOT Control

Name: _____ Date: _____ Per: _____

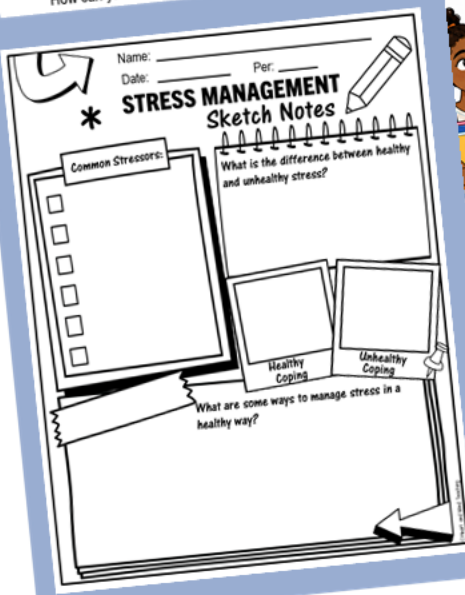
STRESS MANAGEMENT Social Situations

Directions Read the scenarios and create a positive response that you would use in the situation. Your response should include a positive way to respond to the stressor.



SCENARIO	YOUR RESPONSE
You are planning to sit with your friends at lunch, but they filled the table before you arrived. You feel left out and embarrassed.	
You and your best friend had an argument during recess. Now you feel upset and aren't sure what to do next.	

Even though I can't control everything, I can control my response.



* STRESS MANAGEMENT Sketch Notes

Common Stressors:

What is the difference between healthy and unhealthy stress?

Healthy Coping

Unhealthy Coping

What are some ways to manage stress in a healthy way?

TASK CARD Responses

Name: _____

Date: _____

Write your answers to the task cards in the box.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16

STRESS MANAGEMENT Task Cards



You compare yourself to other students and begin thinking you'll never be as successful as they are. How can positive self-talk help in this situation?

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STRESS MANAGEMENT Task Cards



You have a lot going on at home, and it's making it difficult to focus at school. Who could you talk to for support, and why?

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Name: _____ Date: _____ Per: _____

STRESS MANAGEMENT Types of Stress

There are many types of stress that can happen in different areas of our lives, think about each area listed below and what might be causing you stress in your life for that type of stress.

 ACADEMIC STRESS	 CHANGE STRESS
 SOCIAL STRESS	 TECHNOLOGY STRESS
 FAMILY STRESS	 EXISTENTIAL STRESS
 OVERWHELM STRESS	 HEALTH STRESS
 PERFORMANCE STRESS	 FINANCIAL STRESS

STRESS MANAGEMENT Task Cards



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PowerPoint & Google Slides Included

