

# THANK YOU FOR YOUR PURCHASE!



Did you know that when you leave feedback on TPT you earn credits towards future purchases?

★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

## LET'S BE FRIENDS

Access my  
Freebie  
Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:

[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
Ashley

# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [All About Stress](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

[Helpful links for using Google Classroom:](#)

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



# ALL ABOUT STRESS

## Session Objective:

\*Students will identify what causes stress and the stress response.

## Materials:

\*Workbook, scissors, pencils.

## Guiding Questions:

- \*What is the stress response?
- \*What are the types of stress?
- \*How can stress impact our bodies?

## ASCA Standards Alignment:

- \*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- \*Behavior: Responsibility for self and actions. (B-SMS 1)
- \*Behavior: Self-Management: Ability to identify and overcome barriers. (B-SMS 6)

## SEL Competencies:

- \*Self-Management: Stress Management.

## Session Details

\*Give each student their own workbook. Say "We are going to be talking all about stress, what it is and how it occurs in our bodies." Turn to page 3. "We have all heard of the word stress but what is stress? Stress is the body's reaction to any change that it experiences, which requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses." Go through page 3 then have them answer the questions on page 4. "Now that you know what stress is, let's talk about the difference between positive and negative stress." Review page 5 and have them complete page 6 and 7. "Did you know there are different types of stress? Acute and Chronic stress." Review page 8 and have them complete page 9. "Our bodies react differently when under stress, each person is unique and has their own way of showing stress, let's look at how our mind, body, emotions, and behavior react under stress." Review page 10 and complete page 11. "Not only do our bodies each react differently to stress, but our body can also react different to different stressors. Let's learn about the four different types of stress responses: Fight, flight, freeze, and fawn. Review page 12 and complete pages 13-17.



# ALL ABOUT STRESS

A Workbook to Teach about Stress

# ALL ABOUT STRESS



## What is Stress? .....3-4

Where stress comes from and what happens in the brain when we experience stress.

## Positive VS Negative Stress... 5-7

The difference between good and bad stress.

## Types of Stress .....8-9

Learn about acute and chronic stress.

## Stress Symptoms .....10-11

Discover the physical, cognitive, emotional, and behavioral symptoms of stress.

## Stress Response .....12-17

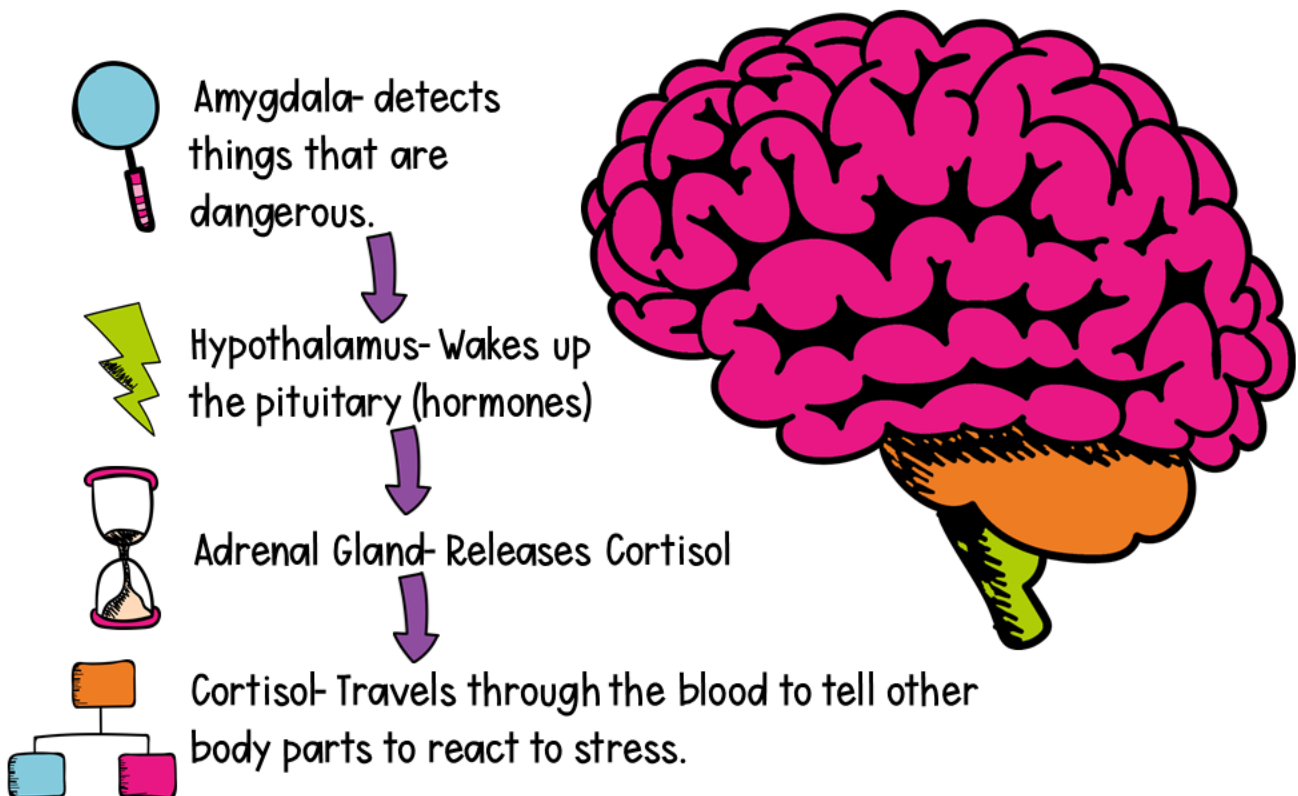
Learn about the four types of stress response: fight, flight, freeze, and fawn.

## Kid & Parent Tips .....18-19

# ALL ABOUT WHAT IS STRESS?

Stress is the body's reaction to any change that it experiences, which requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses.

Whether you're in physical danger or psychological danger, your body will start triggering a stress response. This reaction starts in your amygdala, which is the section of your brain responsible for fear.



# ALL ABOUT WHAT IS STRESS?

Color in the brain to identify what part of the body is working hard during the process of stress response.

Detects things that are dangerous.



Wakes up the pituitary (hormones).



Releases Cortisol.



Travels through the blood to tell other body parts to react to stress.



# ALL ABOUT POSITIVE & NEGATIVE STRESS



## Positive Stress (Eustress)

Positive Stress (Eustress) is stress that has a beneficial effect on health, motivation, performance, and emotional well-being.

Key features: Helps to improve performance, motivates you, provides a burst of energy.

Examples: Learning a new hobby, planning a vacation or party, riding a rollercoaster, right before you play in a big game.



## Negative Stress (Distress)

Negative Stress (Distress) is the feeling of being overwhelmed or unable to cope with mental or emotional pressure.

Key features: Decreases performance, demotivates, exhausts, impairs functioning.

Examples: Getting a bad grade, getting in trouble, losing a friend.

# ALL ABOUT POSITIVE & NEGATIVE STRESS

Read the scenarios and determine if it is positive or negative stress.

Alex is so nervous about speaking in front of his class. He practices the entire week before to make sure he is ready.



**Negative Stress**



**Positive Stress**

Kayla is so worried about the big state test coming up that she cannot think about anything else. It even keeps her up at night.



**Negative Stress**



**Positive Stress**

James is going to his new class today and he worries we won't know anyone. He starts to sweat and think about all the things that could go wrong.



**Negative Stress**



**Positive Stress**

Trish is so excited about her birthday party. She planned every detail and is looking forward to seeing how it turns out.



**Negative Stress**



**Positive Stress**

# ALL ABOUT POSITIVE & NEGATIVE STRESS

For each situation, think of what a negative or positive stress response might be.

You are asked to speak in front of others.



**Negative Stress**



**Positive Stress**

A new important job, role, or responsibility.



**Negative Stress**



**Positive Stress**

An upcoming test.



**Negative Stress**



**Positive Stress**

# ALL ABOUT TYPES OF STRESS



## Acute Stress

Acute stress results from your body's reaction to a new or challenging situation. It's that feeling you get from an approaching deadline or when you ride a rollercoaster. Acute stress is classified as short-term. Usually, emotions and the body return to their normal state relatively soon.



## Chronic Stress

Chronic stress is the result of stressors that continue for a long period of time. This type of stress feels never-ending. Some examples of this are living in a high crime/unsafe neighborhood or troubles at home. We often have difficulty seeing any way to improve or change the situation that is the cause of our chronic stress.

# ALL ABOUT TYPES OF STRESS

Read the stressor and put a checkmark if it is acute or chronic stress.



Acute  
Stress



Chronic  
Stress

Watching a scary movie.		
Worrying about an upcoming test.		
Parents fighting all the time.		
Ongoing financial struggles.		
Starting in a new class.		
Moving a lot in one year.		
Argument with a friend.		
Difficulties at school.		

# ALL ABOUT STRESS SYMPTOMS

## Physical

Heart rate increases  
Sweating  
Fast and heavy breathing  
Pupil dilation  
Muscle tension  
Headaches  
Exhaustion or fatigue  
Digestive issues  
Chest pains and high blood pressure  
Weight gain or loss

## Cognitive

Unable to concentrate  
Unable to remember things  
Difficulty making decisions  
Confusion

## Emotional

Feelings of anxiety or fear  
Irritability and mood swings  
Uncontrolled anger  
Feelings of dread  
Feelings of sadness  
Worrying

## Behavioral

Restlessness  
Cry or feeling tearful  
Biting nails or picking at skin  
Grinding teeth or clenched jaw  
Trouble sleeping  
Withdraw from others  
Lashing out at others  
Argumentative

# ALL ABOUT STRESS SYMPTOMS

Read the scenarios and determine what symptoms of stress they are showing. There can be more than one answer.

Thomas is worried about an upcoming test that could make or break his grade. He is biting his nails, unable to concentrate, and having headaches.



Thomas is showing these symptoms of stress:

- Physical
- Emotional
- Cognitive
- Behavioral



Laura has a big project she is responsible for that is due soon. She is having trouble sleeping and feeling anxiety.

Laura is showing these symptoms of stress:

- Physical
- Emotional
- Cognitive
- Behavioral

Casey is upset because her parents are getting a divorce. She is very irritable, angry, and has been lashing out at others.



Casey is showing these symptoms of stress:

- Physical
- Emotional
- Cognitive
- Behavioral



Julio is playing in a big soccer game this weekend. He is having some digestive issues and is struggling to concentrate.

Julio is showing these symptoms of stress:

- Physical
- Emotional
- Cognitive
- Behavioral

# ALL ABOUT STRESS RESPONSE



## Fight

The Fight Response happens when your body feels that it is in danger and believes you can fight off the threat. Signs: Intense anger, grinding teeth, tight jaw, urge to punch/stomp/kick, burning sensation in stomach.



## Flight

The Flight Response happens when your body believes you cannot overcome the danger but can avoid it by fleeing. Signs: Constantly moving your legs/feet/arms, Restless body, darting eyes, excessive exercising, fidgety, tense, or feeling trapped.



## Freeze

The Freeze Response happens when your body doesn't think you can fight or flight. It causes you to be stuck in place or frozen.

Signs: Sense of dread, pale skin, stiff, numb, heavy, cold, pounding heart.



## Fawn

The Fawn Response is used after an unsuccessful fight, flight, or freeze attempt when you become highly agreeable, overly helpful, and are primarily concerned with making others happy. Signs: Little to no boundaries, overdependence on the opinions of others, easily controlled or manipulated, previous trauma.

# ALL ABOUT STRESS RESPONSE Fight



The Fight Response happens when your body feels that it is in danger and believes you can fight off the threat.

**Looks like**

Write it

Draw it



.....

A large empty rectangular box with rounded corners and red triangular markers at each corner, intended for drawing.

**Feels like**

Write it

Draw it



.....

A large empty rectangular box with rounded corners and red triangular markers at each corner, intended for drawing.

Think of a time where you responded to stress using the Fight Response. Explain what happened and how it felt:

# ALL ABOUT STRESS RESPONSE Flight



The Fight Response happens when your body believes you cannot overcome the danger but can avoid it by fleeing.

**Looks like**

Write it

Draw it

**Feels like**

Write it

Draw it



Think of a time where you responded to stress using the Fight Response. Explain what happened and how it felt:

# ALL ABOUT STRESS RESPONSE Freeze



The Freeze Response happens when your body doesn't think you can fight or flight. It causes you to be stuck in place or frozen.

## Looks like

Write it

Draw it

.....

## Feels like

Write it

Draw it

.....



Think of a time where you responded to stress using the Freeze Response. Explain what happened and how it felt:

# ALL ABOUT STRESS RESPONSE

## Fawn



The Fawn Response is used after an unsuccessful fight, flight, or freeze attempt when you become highly agreeable, overly helpful, and are primarily concerned with making others happy.

### Looks like

Write it

Draw it

.....

### Feels like

Write it

Draw it

.....



Think of a time where you responded to stress using the Fawn Response. Explain what happened and how it felt:

# ALL ABOUT STRESS RESPONSE

Read the scenarios and put a checkmark on which stress response they are showing.



**Fight**



**Flight**



**Freeze**



**Fawn**

You get called on unexpectedly in class and can't think of what to say.				
You have an important test but decide to just put it out of your mind and think of something else.				
Your project partner is very bossy so you just agree to whatever she thinks.				
You are stressed and your brother asks you to do one more thing, you lash out at him.				
Something jumps out and spooks you, you jump back and scream.				
You feel like your parents are not listening to you so you yell at them.				
You had a disagreement with your friend and are avoiding them.				
You get on stage for the talent show and can't remember what you were supposed to do.				

# ALL ABOUT STRESS



## Tips for Parents

Everyone feels stress, it is a normal response to change and challenges. With the right support, some stress can be positive. It can teach kids to rise to a challenge, push them towards their goals, and build resilience. When stress is long lasting, or too intense for the child, it can be hard for them to cope.

### Tips to help kids cope with stress:

- \*Be there to listen and talk. Validate their feelings and help them feel safe.
- \*Make sure they are getting enough sleep and eating healthy food when possible.
- \*Spend positive time together doing things your child likes to do.
- \*Model the coping skills you use and encourage them to use ones that work well for them.
- \*Help them take a break from stress. Make time to play, spend time in nature, exercise, read, be with friends and family, draw or paint.
- \*Help them manage their time, prioritizing what is most important; utilizing their planner helps to do this.
- \*Extra support is often needed during stressful life events (moving, divorce, death, trauma, etc.). Reach out to a Counselor or Therapist for additional support.

# ALL ABOUT STRESS



## Tips for Kids

Everyone feels stress, it is a normal response to change and challenges. With the right support, some stress can be positive. It can teach you to rise to a challenge, push you towards your goals, and build resilience. When stress is long lasting, or too intense, it can be harder to cope.

### Tips to help cope with stress:

- \*Talk to a trusted person about how you are feeling.
- \*Write/draw in a journal about how you are feeling.
- \*Make sure you are getting enough sleep and eating healthy food when possible.
- \*Spend time doing things you like to do.
- \*Use coping skills
- \*Take a break from stress. Make time to play, spend time in nature, exercise, read, be with friends and family, draw or paint.
- \*Manage your time, prioritizing what is most important; Utilizing your planner helps to do this.
- \*Extra support is often needed during stressful life events (moving, divorce, death, trauma, etc.). Reach out to a Counselor or Therapist for additional support.

# Answer Key

## Page 4

Detects things that are dangerous. **Amygdala**

Wakes up the pituitary (hormones). **Hypothalamus**

Releases Cortisol. **Adrenal Gland**

Travels through the blood to tell other body parts to react to stress. **Cortisol**

## Page 6

Alex is so nervous about speaking in front of his class. He practices the entire week before to make sure he is ready. **Positive Stress**

Kayla is so worried about the big state test coming up that she cannot think about anything else. It even keeps her up at night. **Negative Stress**

James is going to his new class today and he worries we won't know anyone. He starts to sweat and think about all the things that could go wrong. **Negative Stress**

Trish is so excited about her birthday party. She planned every detail and is looking forward to seeing how it turns out. **Positive Stress**

## Page 9

Watching a scary movie. **Acute Stress**

Worrying about an upcoming test. **Acute Stress**

Parents fighting all the time. **Chronic Stress**

Ongoing financial struggles. **Chronic Stress**

Starting in a new class. **Acute Stress**

Moving a lot in one year. **Chronic Stress**

Argument with a friend. **Acute Stress**

Difficulties at school. **Chronic Stress**

## Page 11

Thomas is showing these symptoms of stress: **Physical, Cognitive, Behavioral.**

Laura is showing these symptoms of stress: **Emotional, Behavioral.**

Casey is showing these symptoms of stress: **Emotional, Behavioral.**

Julio is showing these symptoms of stress: **Physical, Cognitive.**

## Page 11

You get called on unexpectedly in class and can't think of what to say. **Freeze**

You have an important test but decide to just put it out of your mind and think of something else. **Flight**

Your project partner is very bossy so you just agree to whatever she thinks. **Fawn**

You are stressed and your brother asks you to do one more thing, you lash out at him. **Fight**

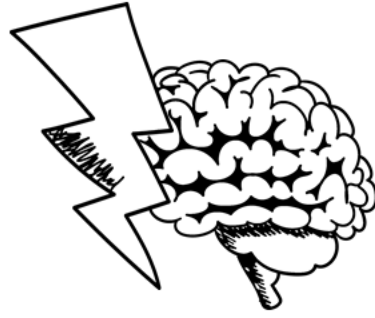
Something jumps out and spooks you, you jump back and scream. **Flight**

You feel like your parents are not listening to you so you yell at them. **Fight**

You had a disagreement with your friend and are avoiding them. **Flight**

You get on stage for the talent show and can't remember what you were supposed to do. **Freeze**

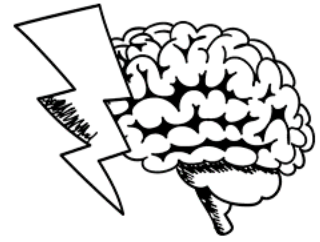
# Black and White Version



# ALL ABOUT STRESS

A Workbook to Teach about Stress

# ALL ABOUT STRESS



## What is Stress?.....3-4

Where stress comes from and what happens in the brain when we experience stress.

## Positive VS Negative Stress... 5-7

The difference between good and bad stress.

## Types of Stress.....8-9

Learn about acute and chronic stress.

## Stress Symptoms.....10-11

Discover the physical, cognitive, emotional, and behavioral symptoms of stress.

## Stress Response.....12-17

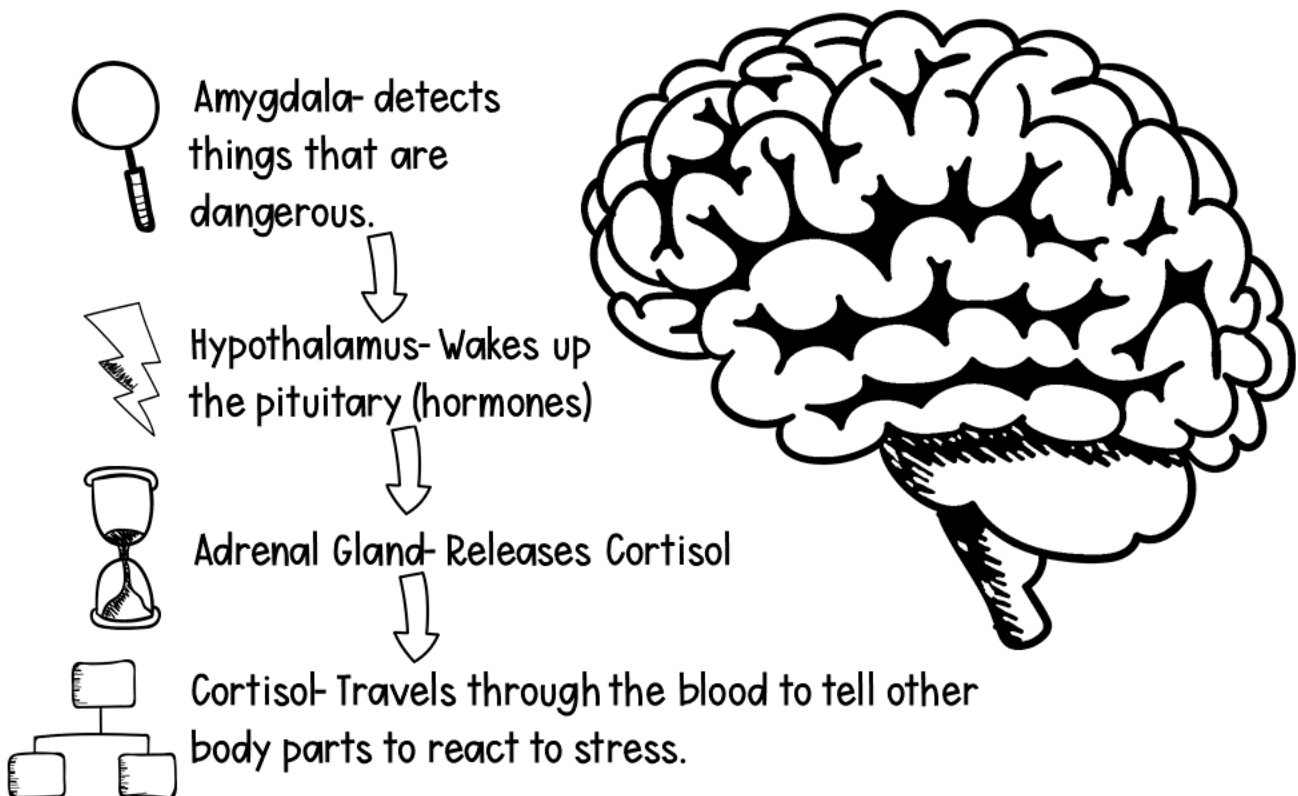
Learn about the four types of stress response: fight, flight, freeze, and fawn.

## Kid & Parent Tips.....18-19.

# ALL ABOUT WHAT IS STRESS?

Stress is the body's reaction to any change that it experiences, which requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses.

Whether you're in physical danger or psychological danger, your body will start triggering a stress response. This reaction starts in your amygdala, which is the section of your brain responsible for fear.



# ALL ABOUT WHAT IS STRESS?

Color in the brain to identify what part of the body is working hard during the process of stress response.

Detects things that are dangerous.



Amygdala



Hypothalamus



Adrenal Gland



Cortisol

Wakes up the pituitary (hormones).



Amygdala



Hypothalamus



Adrenal Gland



Cortisol

Releases Cortisol.



Amygdala



Hypothalamus



Adrenal Gland



Cortisol

Travels through the blood to tell other body parts to react to stress.



Amygdala



Hypothalamus



Adrenal Gland



Cortisol

# ALL ABOUT POSITIVE & NEGATIVE STRESS

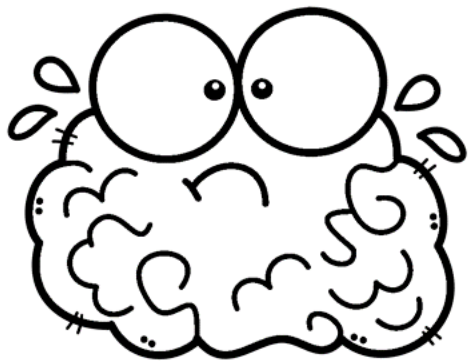


## Positive Stress (Eustress)

Positive Stress (Eustress) is stress that has a beneficial effect on health, motivation, performance, and emotional well-being.

Key features: Helps to improve performance, motivates you, provides a burst of energy.

Examples: Learning a new hobby, planning a vacation or party, riding a rollercoaster, right before you play in a big game.



## Negative Stress (Distress)

Negative Stress (Distress) is the feeling of being overwhelmed or unable to cope with mental or emotional pressure.

Key features: Decreases performance, demotivates, exhausts, impairs functioning.

Examples: Getting a bad grade, getting in trouble, losing a friend.

# ALL ABOUT POSITIVE & NEGATIVE STRESS

Read the scenarios and determine if it is positive or negative stress.

Alex is so nervous about speaking in front of his class. He practices the entire week before to make sure he is ready.



Negative Stress



Positive Stress

Kayla is so worried about the big state test coming up that she cannot think about anything else. It even keeps her up at night.



Negative Stress



Positive Stress

James is going to his new class today and he worries we won't know anyone. He starts to sweat and think about all the things that could go wrong.



Negative Stress



Positive Stress

Trish is so excited about her birthday party. She planned every detail and is looking forward to seeing how it turns out.



Negative Stress



Positive Stress

# ALL ABOUT POSITIVE & NEGATIVE STRESS

For each situation, think of what a negative or positive stress response might be.

You are asked to speak in front of others.



Negative Stress



Positive Stress

A new important job, role, or responsibility.



Negative Stress



Positive Stress

An upcoming test.



Negative Stress



Positive Stress

# ALL ABOUT TYPES OF STRESS



## Acute Stress

Acute stress results from your body's reaction to a new or challenging situation. It's that feeling you get from an approaching deadline or when you ride a rollercoaster. Acute stress is classified as short-term. Usually, emotions and the body return to their normal state relatively soon.



## Chronic Stress

Chronic stress is the result of stressors that continue for a long period of time. This type of stress feels never-ending. Some examples of this are living in a high crime/unsafe neighborhood or troubles at home. We often have difficulty seeing any way to improve or change the situation that is the cause of our chronic stress.

# ALL ABOUT TYPES OF STRESS

Read the stressor and put a checkmark if it is acute or chronic stress.



Acute  
Stress



Chronic  
Stress

Watching a scary movie.		
Worrying about an upcoming test.		
Parents fighting all the time.		
Ongoing financial struggles.		
Starting in a new class.		
Moving a lot in one year.		
Argument with a friend.		
Difficulties at school.		

# ALL ABOUT STRESS SYMPTOMS

## Physical

Heart rate increases  
Sweating  
Fast and heavy breathing  
Pupil dilation  
Muscle tension  
Headaches  
Exhaustion or fatigue  
Digestive issues  
Chest pains and high blood pressure  
Weight gain or loss

## Cognitive

Unable to concentrate  
Unable to remember things  
Difficulty making decisions  
Confusion

## Emotional

Feelings of anxiety or fear  
Irritability and mood swings  
Uncontrolled anger  
Feelings of dread  
Feelings of sadness  
Worrying

## Behavioral

Restlessness  
Cry or feeling tearful  
Biting nails or picking at skin  
Grinding teeth or clenched jaw  
Trouble sleeping  
Withdraw from others  
Lashing out at others  
Argumentative

# ALL ABOUT STRESS SYMPTOMS

Read the scenarios and determine what symptoms of stress they are showing. There can be more than one answer.

Thomas is worried about an upcoming test that could make or break his grade. He is biting his nails, unable to concentrate, and having headaches.



Thomas is showing these symptoms of stress:

- Physical
- Emotional
- Cognitive
- Behavioral



Laura has a big project she is responsible for that is due soon. She is having trouble sleeping and feeling anxiety.

Laura is showing these symptoms of stress:

- Physical
- Emotional
- Cognitive
- Behavioral

Casey is upset because her parents are getting a divorce. She is very irritable, angry, and has been lashing out at others.



Casey is showing these symptoms of stress:

- Physical
- Emotional
- Cognitive
- Behavioral



Julio is playing in a big soccer game this weekend. He is having some digestive issues and is struggling to concentrate.

Julio is showing these symptoms of stress:

- Physical
- Emotional
- Cognitive
- Behavioral

# ALL ABOUT STRESS RESPONSE



## Fight

The Fight Response happens when your body feels that it is in danger and believes you can fight off the threat. Signs: Intense anger, grinding teeth, tight jaw, urge to punch/stomp/kick, burning sensation in stomach.



## Flight

The Flight Response happens when your body believes you cannot overcome the danger but can avoid it by fleeing. Signs: Constantly moving your legs/feet/arms, Restless body, darting eyes, excessive exercising, fidgety, tense, or feeling trapped.



## Freeze

The Freeze Response happens when your body doesn't think you can fight or flight. It causes you to be stuck in place or frozen.

Signs: Sense of dread, pale skin, stiff, numb, heavy, cold, pounding heart.



## Fawn

The Fawn Response is used after an unsuccessful fight, flight, or freeze attempt when you become highly agreeable, overly helpful, and are primarily concerned with making others happy. Signs: Little to no boundaries, overdependence on the opinions of others, easily controlled or manipulated, previous trauma.

# ALL ABOUT STRESS RESPONSE Fight



The Fight Response happens when your body feels that it is in danger and believes you can fight off the threat.

**Looks like**

Write it

Draw it

**Feels like**

Write it

Draw it



Think of a time where you responded to stress using the Fight Response. Explain what happened and how it felt:

# ALL ABOUT STRESS RESPONSE Flight



The Fight Response happens when your body believes you cannot overcome the danger but can avoid it by fleeing.

**Looks like**

Write it

Draw it

**Feels like**

Write it

Draw it



Think of a time where you responded to stress using the Fight Response. Explain what happened and how it felt:

# ALL ABOUT STRESS RESPONSE Freeze



The Freeze Response happens when your body doesn't think you can fight or flight. It causes you to be stuck in place or frozen.

**Looks like**

Write it

Draw it

:  
:

**Feels like**

Write it

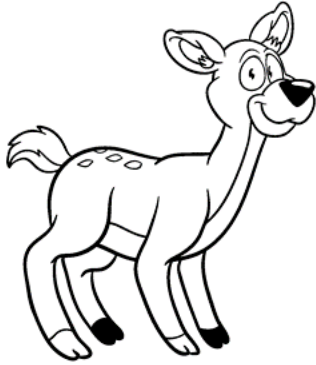
Draw it

:  
:



Think of a time where you responded to stress using the Freeze Response. Explain what happened and how it felt:

# ALL ABOUT STRESS RESPONSE Fawn



The Fawn Response is used after an unsuccessful fight, flight, or freeze attempt when you become highly agreeable, overly helpful, and are primarily concerned with making others happy.

**Looks like**

Write it

Draw it

⋮

**Feels like**

Write it

Draw it

⋮



Think of a time where you responded to stress using the Fawn Response. Explain what happened and how it felt:

# ALL ABOUT STRESS RESPONSE

Read the scenarios and put a checkmark on which stress response they are showing.



**Fight**



**Flight**



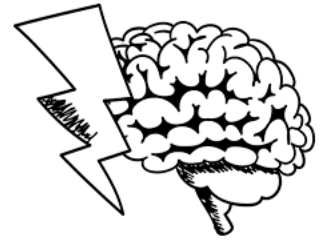
**Freeze**



**Fawn**

You get called on unexpectedly in class and can't think of what to say.				
You have an important test but decide to just put it out of your mind and think of something else.				
Your project partner is very bossy so you just agree to whatever she thinks.				
You are stressed and your brother asks you to do one more thing, you lash out at him.				
Something jumps out and spooks you, you jump back and scream.				
You feel like your parents are not listening to you so you yell at them.				
You had a disagreement with your friend and are avoiding them.				
You get on stage for the talent show and can't remember what you were supposed to do.				

# ALL ABOUT STRESS



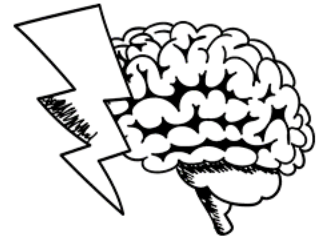
## Tips for Parents

Everyone feels stress, it is a normal response to change and challenges. With the right support, some stress can be positive. It can teach kids to rise to a challenge, push them towards their goals, and build resilience. When stress is long lasting, or too intense for the child, it can be hard for them to cope.

### Tips to help kids cope with stress:

- \*Be there to listen and talk. Validate their feelings and help them feel safe.
- \*Make sure they are getting enough sleep and eating healthy food when possible.
- \*Spend positive time together doing things your child likes to do.
- \*Model the coping skills you use and encourage them to use ones that work well for them.
- \*Help them take a break from stress. Make time to play, spend time in nature, exercise, read, be with friends and family, draw or paint.
- \*Help them manage their time, prioritizing what is most important; utilizing their planner helps to do this.
- \*Extra support is often needed during stressful life events (moving, divorce, death, trauma, etc.). Reach out to a Counselor or Therapist for additional support.

# ALL ABOUT STRESS



## Tips for Kids

Everyone feels stress, it is a normal response to change and challenges. With the right support, some stress can be positive. It can teach you to rise to a challenge, push you towards your goals, and build resilience. When stress is long lasting, or too intense, it can be harder to cope.

### Tips to help cope with stress:

- \*Talk to a trusted person about how you are feeling.
- \*Write/draw in a journal about how you are feeling.
- \*Make sure you are getting enough sleep and eating healthy food when possible.
- \*Spend time doing things you like to do.
- \*Use coping skills
- \*Take a break from stress. Make time to play, spend time in nature, exercise, read, be with friends and family, draw or paint.
- \*Manage your time, prioritizing what is most important; Utilizing your planner helps to do this.
- \*Extra support is often needed during stressful life events (moving, divorce, death, trauma, etc.). Reach out to a Counselor or Therapist for additional support.

# Answer Key

## Page 4

Detects things that are dangerous. Amygdala

Wakes up the pituitary (hormones). Hypothalamus

Releases Cortisol. Adrenal Gland

Travels through the blood to tell other body parts to react to stress. Cortisol

## Page 6

Alex is so nervous about speaking in front of his class. He practices the entire week before to make sure he is ready. Positive Stress

Kayla is so worried about the big state test coming up that she cannot think about anything else. It even keeps her up at night. Negative Stress

James is going to his new class today and he worries we won't know anyone. He starts to sweat and think about all the things that could go wrong. Negative Stress

Trish is so excited about her birthday party. She planned every detail and is looking forward to seeing how it turns out. Positive Stress

## Page 9

Watching a scary movie. Acute Stress

Worrying about an upcoming test. Acute Stress

Parents fighting all the time. Chronic Stress

Ongoing financial struggles. Chronic Stress

Starting in a new class. Acute Stress

Moving a lot in one year. Chronic Stress

Argument with a friend. Acute Stress

Difficulties at school. Chronic Stress

## Page 11

Thomas is showing these symptoms of stress:  
Physical, Cognitive, Behavioral.

Laura is showing these symptoms of stress:  
Emotional, Behavioral.

Casey is showing these symptoms of stress:  
Emotional, Behavioral.

Julio is showing these symptoms of stress:  
Physical, Cognitive.

## Page 11

You get called on unexpectedly in class and can't think of what to say. Freeze

You have an important test but decide to just put it out of your mind and think of something else. Flight

Your project partner is very bossy so you just agree to whatever she thinks. Fawn

You are stressed and your brother asks you to do one more thing, you lash out at him. Fight

Something jumps out and spooks you, you jump back and scream. Flight

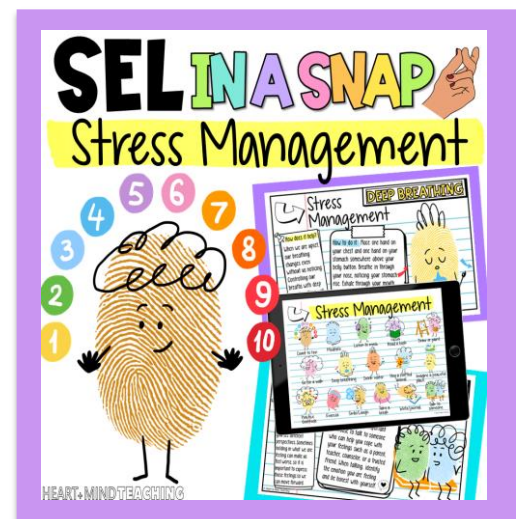
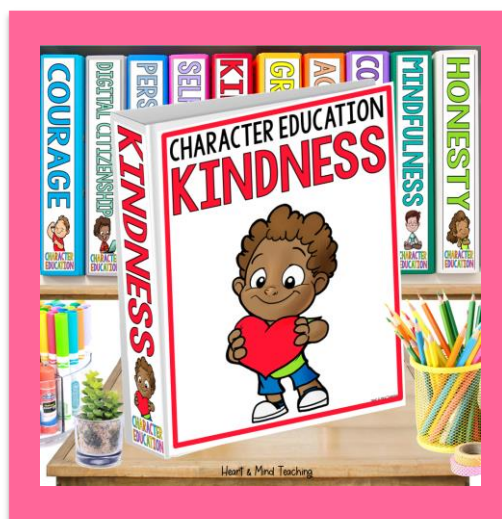
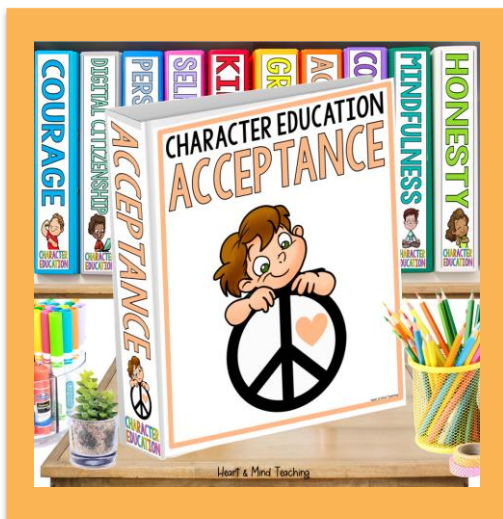
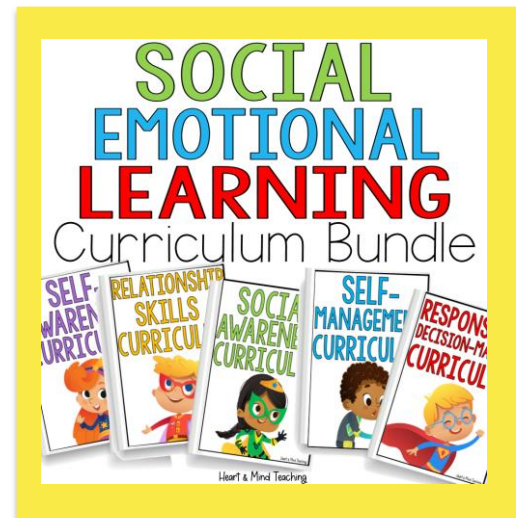
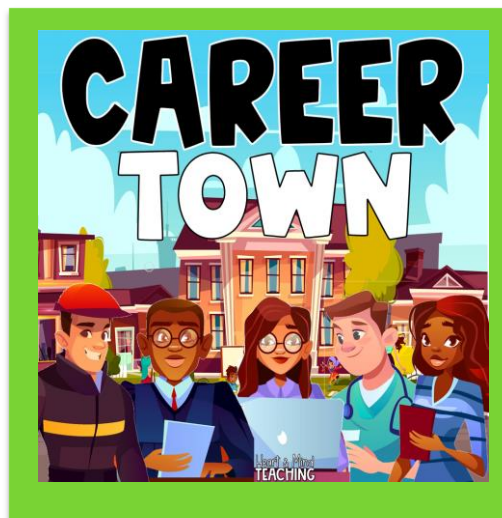
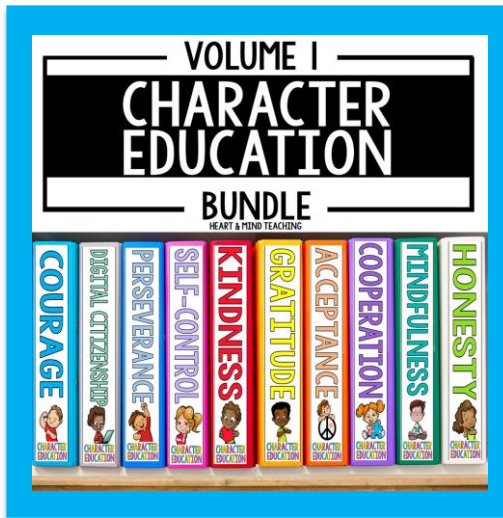
You feel like your parents are not listening to you so you yell at them. Fight

You had a disagreement with your friend and are avoiding them. Flight

You get on stage for the talent show and can't remember what you were supposed to do. Freeze

# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

**CLICK TO COLLAB**

## MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.

HEART + MIND  
TEACHING



# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

## LET'S BE FRIENDS

*Ashley*

Access my  
Freebie  
Library



## FOLLOW FOR EXCLUSIVE SAVINGS

New products are 50% off for 24hrs.

**CLICK HERE**

★ HOW CAN YOU EARN TPT CREDITS? When you leave feedback, TpT rewards you with credits that you can use toward future purchases.

## ACCESS MY FREEBIE LIBRARY

Join my Newsletter to be informed of all future added freebies.

**I WANT FREEBIES**

# TERMS OF USE

© Heart and Mind Teaching, 2023. All rights reserved. Purchase of this item entitles the purchaser the right to reproduce for classroom, personal, and google classroom use only. Use in multiple classrooms, requires the purchase of additional licenses. Redistribution or duplication of this product is strictly forbidden without the written permission of the publisher. Copying any part of this product and placing it on a publicly accessible website is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA). You may post this for single-classroom use on a password protected student site such as google classroom. **You may NOT post my products on any public, for-profit, or commercial websites or entities, such as Outschool.** Please do not sell or distribute any part of this as your own. Thank you for abiding by universally accepted codes of professional ethics while using this product.



If you have any questions or concerns please email me at:

[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

# CREDITS

