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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  [Home Stressors](#)

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 \(youtube video\)](#)



# Home STRESSORS

## Session Objective:

\*Students will identify stressors and how to cope with them.

## Materials:

\*Handouts, scissors, pencils.

## Guiding Questions:

\*What are some home stressors?

\*What are ways to cope with stressors?

\*How can stress from home impact other areas of your life?

## 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: Self-Management: Ability to identify and overcome barriers. (B-SMS 6)

\*Behavior: Self-Management: Effective Coping Skills. (B-SMS 7)

\*Behavior: Balance of school, home and community activities. (B-SMS 8)

\*Behavior: Ability to manage transitions and adapt to change. (SMS 10)

## SEL Competencies:

\*Self-Management: Stress Management.

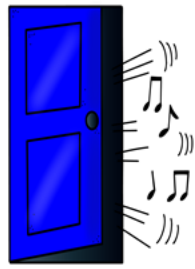
## Session Details

\*Say "Today we are going to be learning about home stressors that impact our life. Stress can come from many different areas, like school or our social life, your home life can also cause stress and worry. Stress impacts us all differently, and what might stress one person out, might not stress someone else out. It's important to identify and understand what stresses us out, so we can prevent stress and learn to cope with it. Let's look at some common home stressors." Show the home stressors poster on page 4. "Let's sort through some different home stressors and determine if they would cause us stress or not." Give each student the sorting mat on page 6 and the cut-out stressor cards on p. 7-14. Go through each card and have them sort them on their sorting mat. "Now let's look at how to cope with these stressors." Review together page 5 (coping skills poster). Okay now we are going to reflect on the top four home stressors we think we have and think about what coping skills we can use to cope with them". Complete pages 15-19. "You guys are getting good at using coping skills, we are going to keep practicing determining which coping skills to use on the next few pages. Read the scenarios and color in which coping skills you would use." Complete pages 20-35.

# Home STRESSORS



Chores



Distractions



Parents  
arguing



Money  
problems



Losing a  
loved one



New baby



Missing a  
Parent



Arguing  
with siblings



Lots of commitments  
(school, sports, clubs)



Moving



Cyberbullying



Neighborhood  
Friends

# Coping with Home STRESSORS



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Think positive thoughts.



Laugh it off



Manage your time



Practice Gratitude



Take a short break.



Make a to-do list.



Write in a journal.



Make your best effort.



Compromise



Believe in yourself.



Have fun, take time to unwind.

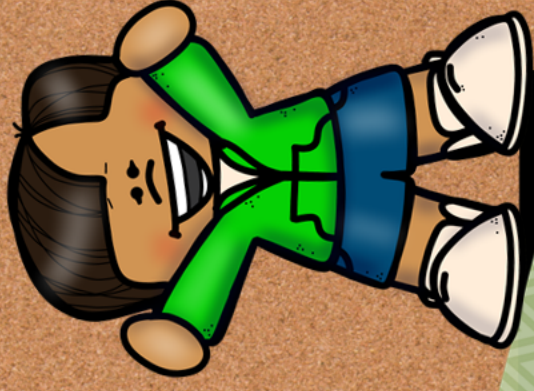


Focus on what you can control.

# 🏠 Home STRESSORS



**STRESSOR**



**NOT A  
STRESSOR**

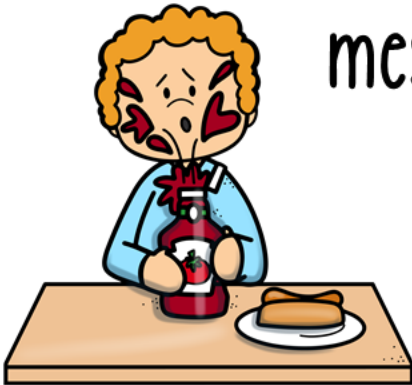
Breaking something.



Disaster happening.



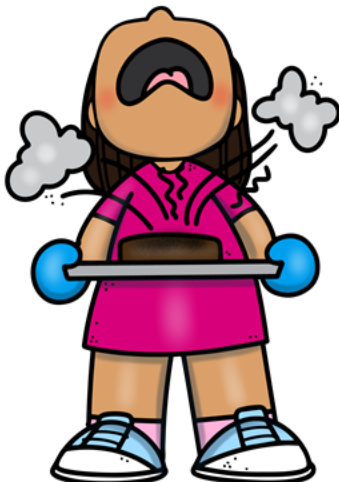
Making a mess.



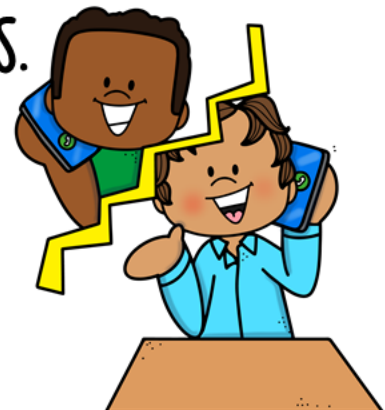
Making a mistake.



Burning something.



Staying in touch with friends.



Doing your chores.



Managing after school commitments (sports, clubs).



Spending time with extended family.



Not getting to spend enough time with family.



Parents arguing.



Parents divorcing.



Not getting what you want.



Holidays with family.



Separating from a parent.



Missing a parent.



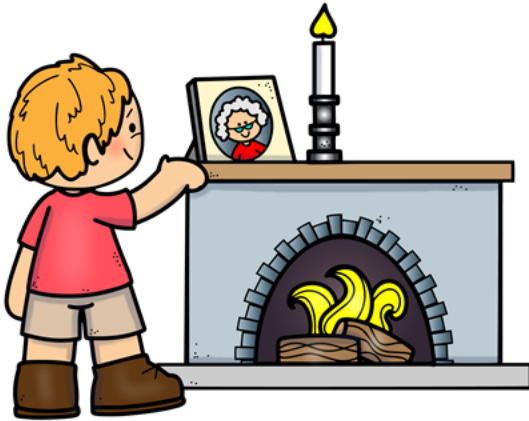
Parent out of town/  
traveling.



Saying goodbye to a parent.



Losing a loved one.



Parent working a lot.



New baby.



Sharing with siblings.



Parent deployed.



Splitting your time between family, friends, and commitments.



Messy room.



Broken item/toy.



Broken down car.



Taking care of pets.



Noisy/distracting environment.



Step-parents/Step-siblings.



Moving.



Getting enough sleep.



Sharing a room.



Arguing with parents.



Losing your stuff.



Waking up on time.



Money problems.



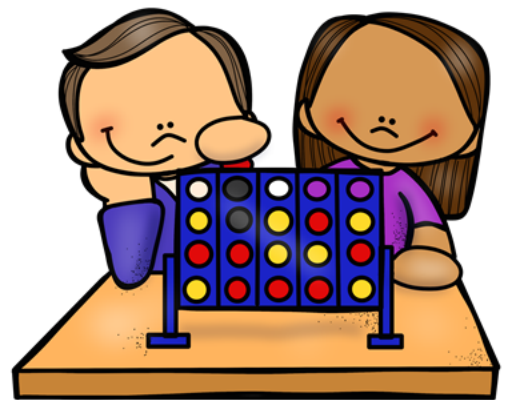
Family problems.



Making friends in your neighborhood.



Losing a game to a sibling.



Being bossed around by siblings.



Not having the cool stuff that everyone else has.



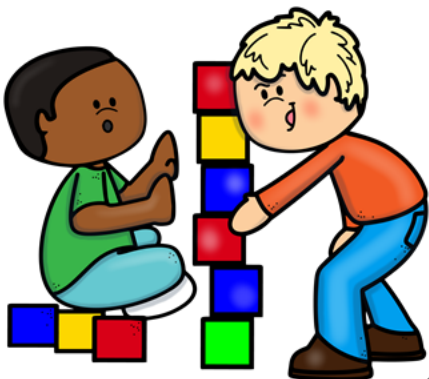
Cyberbullying.



Parents not listening to you.



Siblings taking something that belongs to you.



Screen time.



Arguing with siblings.



Not meeting your parents expectations.



Name: \_\_\_\_\_

# My Home STRESSORS

Draw or write what your stressors are at home in the boxes below.



Home Stressor #1:

Home Stressor #2:

Home Stressor #3:

Home Stressor #4:

Name: \_\_\_\_\_



# My Home STRESSORS

Home Stressor #1:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Manage your time



Take a short break.



Write in a journal.



Make a To-do list.



Focus on what you can control.



Believe in yourself.



Have fun, take time to unwind.



Compromise

Name: \_\_\_\_\_



# My Home STRESSORS

Home Stressor #2:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Manage your time



Take a short break.



Write in a journal.



Make a To-do list.



Focus on what you can control.



Believe in yourself.



Have fun, take time to unwind.



Compromise

Name: \_\_\_\_\_

# My Home STRESSORS



Home Stressor #3:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Manage your time



Take a short break.



Write in a journal.



Make a To-do list.



Focus on what you can control.



Believe in yourself.



Have fun, take time to unwind.



Compromise

Name: \_\_\_\_\_



# My Home STRESSORS

Home Stressor #4:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Manage your time



Take a short break.



Write in a journal.



Make a To-do list.



Focus on what you can control.



Believe in yourself.



Have fun, take time to unwind.



Compromise

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Breaking something.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Apologize

## Staying in touch with friends.



Manage your time



Believe in yourself.



Make your best effort.



Think positive thoughts.

## Making a mess.



Use a calming strategy.



Take a short break.



Ask for help.



Apologize

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Disaster happening.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Think positive thoughts.

## Burning something.



Use a calming strategy.



Apologize



Laugh it off



Think positive thoughts.



## Making a mistake.



Apologize



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Doing your chores.



Practice  
Gratitude



Believe in  
yourself.



Make your  
best effort.



Make a to-do  
list.

## Spending time with extended family.



Use a calming  
strategy.



Talk to a trusted  
person about it.



Practice  
Gratitude



Think positive  
thoughts.

## Parents arguing.



Use a calming  
strategy.



Focus on what  
you can control.



Write in a  
journal.



Think positive  
thoughts.

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Social Stressors.  
Color in the one that you would use.

## Managing after school commitments (sports, clubs).



Have fun, take time to unwind.



Believe in yourself.



Ask for help.



Manage your time

## Not getting to spend enough time with family.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Parents divorcing.



Use a calming strategy.



Focus on what you can control.



Talk to a trusted person about it.



Write in a journal.

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Not getting what you want.



Use a calming strategy.



Write in a journal.



Practice Gratitude



Compromise

## Separating from a parent.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Parent out of town/traveling.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Holidays with family.



Use a calming strategy.



Practice Gratitude



Ask for help. Think positive thoughts.



## Missing a parent.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Saying goodbye to a parent.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

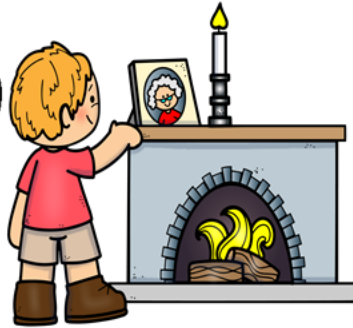
## Losing a loved one.



Use a calming strategy.



Practice Gratitude



Talk to a trusted person about it.



Write in a journal.

## New baby.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Parent deployed.



Use a calming strategy.



Practice Gratitude



Talk to a trusted person about it.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Parent working a lot.



Use a calming strategy.



Practice Gratitude



Focus on what you can control.



Think positive thoughts.

## Sharing with siblings.



Use a calming strategy.



Make your best effort.



Compromise



Take a short break.

## Splitting your time between family, friends, and commitments.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Manage your time

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Messy room.



Use a calming strategy.



Make your best effort.



Ask for help.



Think positive thoughts.

## Broken down car.



Use a calming strategy.



Focus on what you can control.



Practice Gratitude



Think positive thoughts.

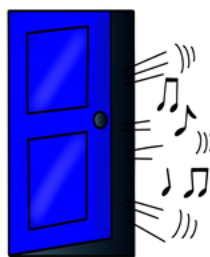
## Noisy/distracting environment.



Use a calming strategy.



Compromise



Make your best effort.



Ask for help

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Broken item/toy.



Use a calming strategy.



Practice Gratitude



Ask for help.



Think positive thoughts.

## Taking care of pets.



Use a calming strategy.



Ask for help.



Make your best effort.



Think positive thoughts.

## Step-parents/Step-siblings.



Use a calming strategy.



Compromise



Make your best effort.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Moving.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Sharing a room.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Losing your stuff.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Getting enough sleep.



Use a calming strategy.



Believe in yourself.



Ask for help.



Manage your time

## Arguing with parents.



Use a calming strategy.



Talk to a trusted person about it.



Compromise



Apologize

## Waking up on time.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Manage your time

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Money problems.



Write in a journal.



Practice Gratitude



Focus on what you can control.



Think positive thoughts.

## Making friends in your neighborhood.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

## Being bossed around by siblings.



Use a calming strategy.



Compromise



Make your best effort.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Family problems.



Use a calming strategy.



Practice Gratitude



Ask for help.



Think positive thoughts.

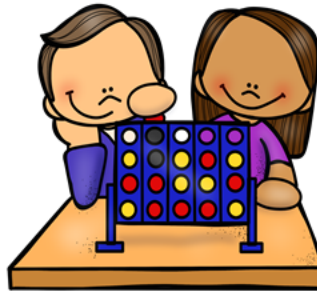
## Losing a game to a sibling.



Use a calming strategy.



Laugh it off



Take a short break.



Think positive thoughts.

## Not having the cool stuff that everyone else has.



Use a calming strategy.



Practice Gratitude



Focus on what you can control.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Cyberbullying.



Talk to a trusted person about it.



Laugh it off.



Ask for help.



Think positive thoughts.

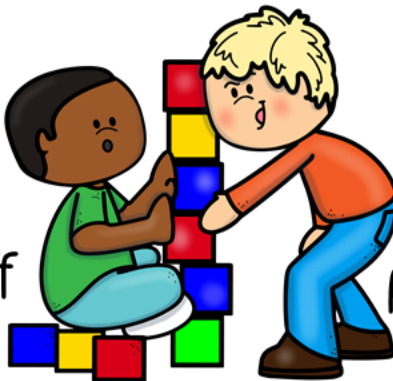
## Siblings taking something that belongs to you.



Use a calming strategy.



Laugh it off.



Ask for help.



Compromise.

## Arguing with siblings.



Use a calming strategy.



Compromise.



Make your best effort.



Apologize.

Name: \_\_\_\_\_

# Solving Home **STRESSORS**

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Parents not listening to you.



Use a calming strategy.



Write in a journal.



Ask for help.



Think positive thoughts.

## Wanting more screen time.



Use a calming strategy.



Compromise



Practice Gratitude



Think positive thoughts.

## Not meeting your parents expectations.



Use a calming strategy.



Believe in yourself.



Make your best effort.



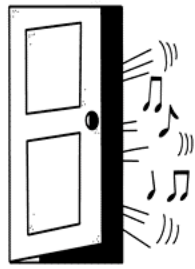
Think positive thoughts.

# **Black & White Version**

# Home STRESSORS



Chores



Distractions



Parents arguing



Money problems



Losing a loved one



New baby



Missing a Parent



Arguing with siblings



Lots of commitments (school, sports, clubs)



Moving



Cyberbullying



Neighborhood Friends

# Coping with Home**STRESSORS**



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Think positive thoughts.



Laugh it off



Manage your time



Practice Gratitude



Take a short break.



Make a to-do list.



Write in a journal.



Make your best effort.



Compromise



Believe in yourself.



Have fun, take time to unwind.

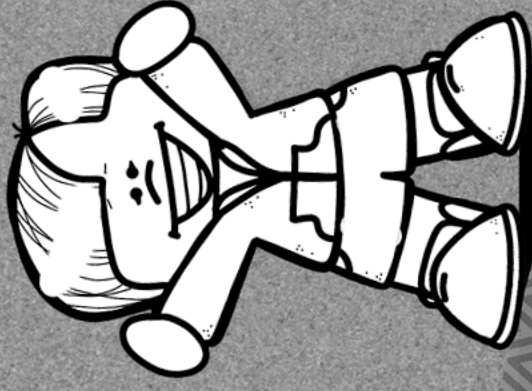


Focus on what you can control.

# Home STRESSORS



STRESSOR



NOT A  
STRESSOR

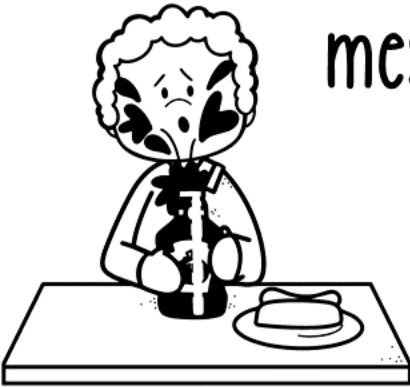
Breaking something.



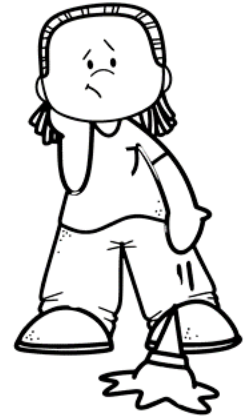
Disaster happening.



Making a mess.



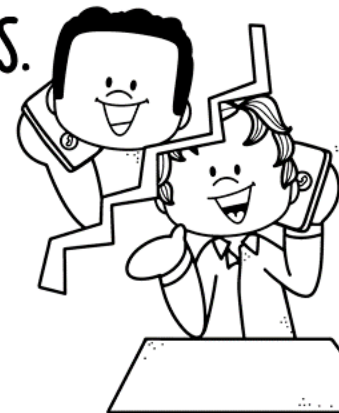
Making a mistake.



Burning something.



Staying in touch with friends.



Doing your chores.



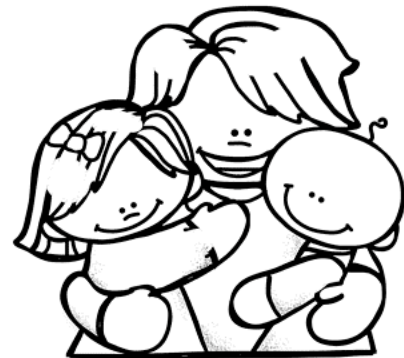
Managing after school commitments (sports, clubs).



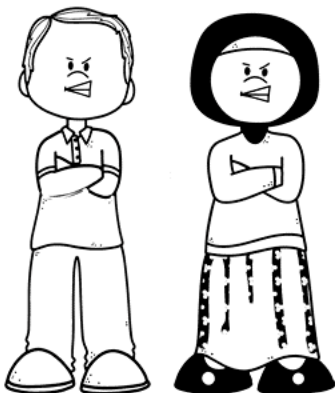
Spending time with extended family.



Not getting to spend enough time with family.



Parents arguing.



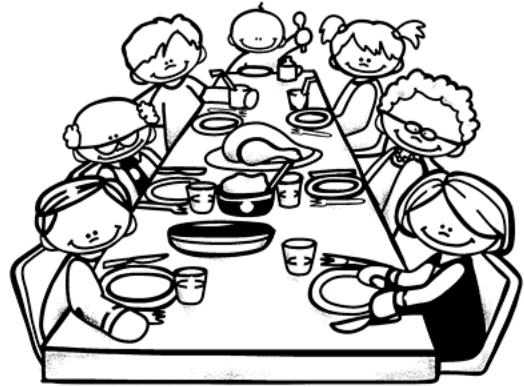
Parents divorcing.



Not getting what you want.



Holidays with family.



Separating from a parent.



Missing a parent.



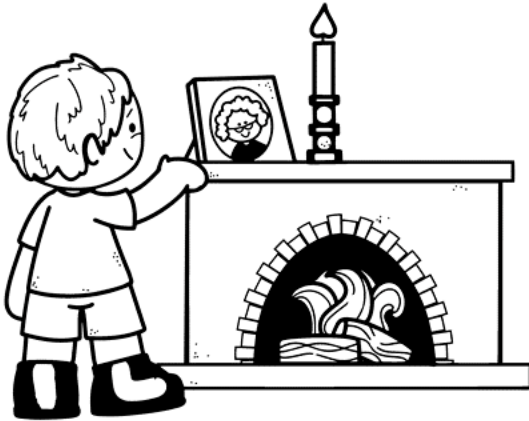
Parent out of town/  
traveling.



Saying goodbye to a parent.



Losing a loved one.



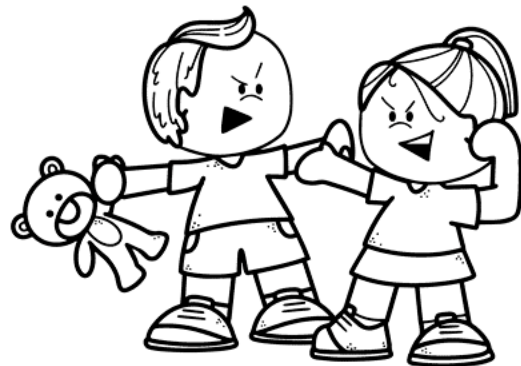
Parent working a lot.



New baby.



Sharing with siblings.



Parent deployed.



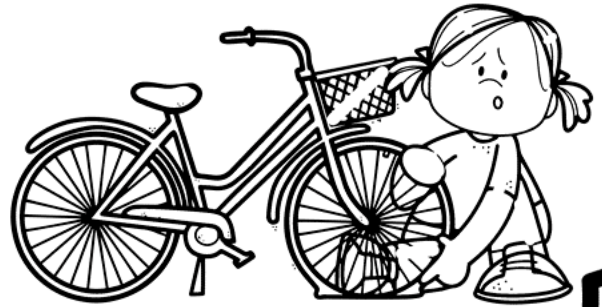
Splitting your time between family, friends, and commitments.



Messy room.



Broken item/toy.



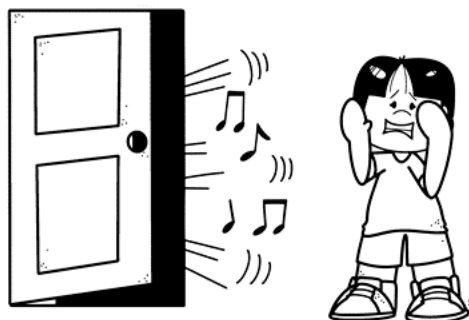
Broken down car.



Taking care of pets.



Noisy/distracting environment.



Step-parents/Step-siblings.



Moving.



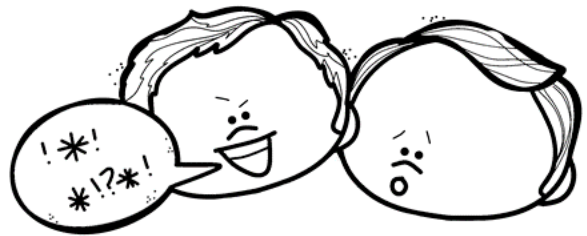
Getting enough sleep.



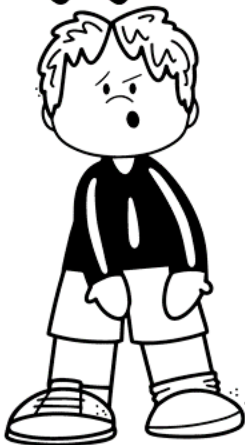
Sharing a room.



Arguing with parents.



Losing your stuff.



Waking up on time.



Money problems.



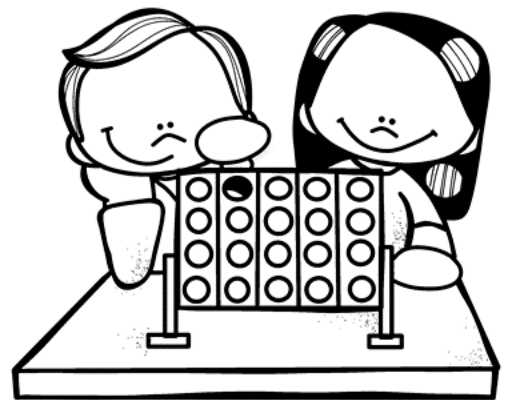
Family problems.



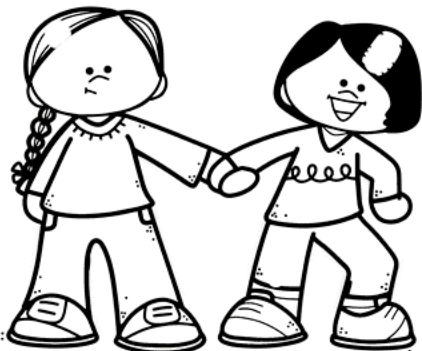
Making friends in your neighborhood.



Losing a game to a sibling.



Being bossed around by siblings.



Not having the cool stuff that everyone else has.



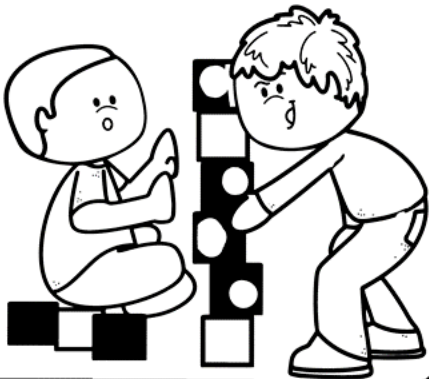
Cyberbullying.



Parents not listening to you.



Siblings taking something that belongs to you.



Screen time.



Arguing with siblings.



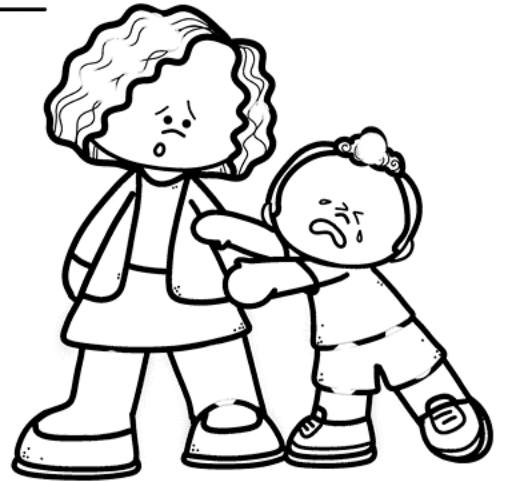
Not meeting your parents expectations.



Name: \_\_\_\_\_

# My Home STRESSORS

Draw or write what your stressors are at home in the boxes below.



Home Stressor #1:

Home Stressor #2:

A large empty rectangular box with a thick black border. The corners are reinforced with triangular shapes, suggesting it is a frame for a drawing or writing.A large empty rectangular box with a thick black border. The corners are reinforced with triangular shapes, suggesting it is a frame for a drawing or writing.

Home Stressor #3:

Home Stressor #4:

A large empty rectangular box with a thick black border. The corners are reinforced with triangular shapes, suggesting it is a frame for a drawing or writing.A large empty rectangular box with a thick black border. The corners are reinforced with triangular shapes, suggesting it is a frame for a drawing or writing.

Name: \_\_\_\_\_



# My Home STRESSORS

Home Stressor #1:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Manage your time



Take a short break.



Write in a journal.



Make a To-do list.



Focus on what you can control.



Believe in yourself.



Have fun, take time to unwind.



Compromise

Name: \_\_\_\_\_



# My Home STRESSORS

Home Stressor #2:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Manage your time



Take a short break.



Write in a journal.



Make a To-do list.



Focus on what you can control.



Believe in yourself.



Have fun, take time to unwind.



Compromise

Name: \_\_\_\_\_

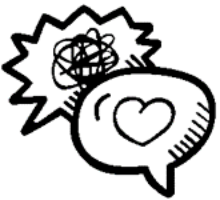


# My Home STRESSORS

Home Stressor #3:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Manage your time



Take a short break.



Write in a journal.



Make a To-do list.



Focus on what you can control.



Believe in yourself.



Have fun, take time to unwind.



Compromise

Name: \_\_\_\_\_

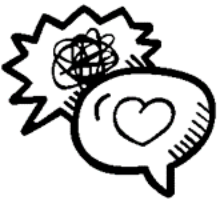


# My Home STRESSORS

Home Stressor #4:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Manage your time



Take a short break.



Write in a journal.



Make a To-do list.



Focus on what you can control.



Believe in yourself.



Have fun, take time to unwind.



Compromise

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Breaking something.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Apologize

## Staying in touch with friends.



Manage your time



Believe in yourself.



Make your best effort.



Think positive thoughts.

## Making a mess.



Use a calming strategy.



Take a short break.



Ask for help.



Apologize

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Disaster happening.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Think positive thoughts.

## Burning something.



Use a calming strategy.



Apologize



Laugh it off



Think positive thoughts.



## Making a mistake.



Apologize



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Doing your chores.



Practice  
Gratitude



Believe in  
yourself.



Make your  
best effort.



Make a to-do  
list.

## Spending time with extended family.



Use a calming  
strategy.



Talk to a trusted  
person about it.



Practice  
Gratitude



Think positive  
thoughts.

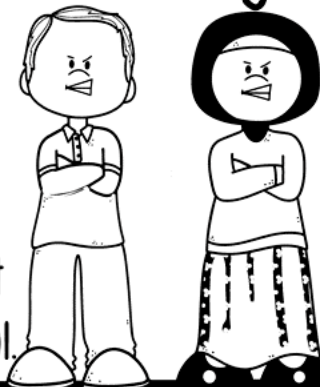
## Parents arguing.



Use a calming  
strategy.



Focus on what  
you can control.



Write in a  
journal.



Think positive  
thoughts.

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Social Stressors.  
Color in the one that you would use.

## Managing after school commitments (sports, clubs).



Have fun, take time to unwind.



Believe in yourself.



Ask for help.



Manage your time

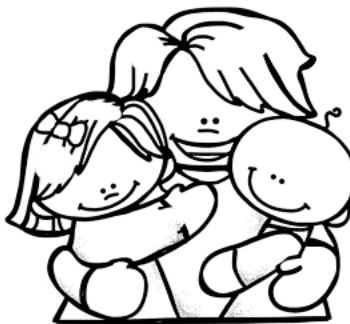
## Not getting to spend enough time with family.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Parents divorcing.



Use a calming strategy.



Focus on what you can control.



Talk to a trusted person about it.



Write in a journal.

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Not getting what you want.



Use a calming strategy.



Write in a journal.



Practice Gratitude



Compromise

## Separating from a parent.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Parent out of town/traveling.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Holidays with family.



Use a calming strategy.



Practice Gratitude



Ask for help. Think positive thoughts.



## Missing a parent.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Saying goodbye to a parent.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

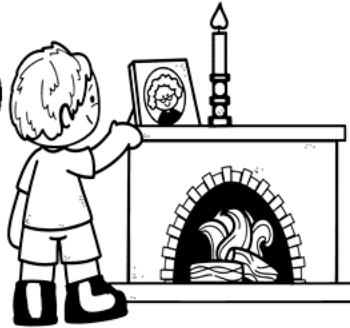
## Losing a loved one.



Use a calming strategy.



Practice Gratitude



Talk to a trusted person about it.



Write in a journal.

## New baby.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Parent deployed.



Use a calming strategy.



Practice Gratitude



Talk to a trusted person about it.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Parent working a lot.



Use a calming strategy.



Practice Gratitude



Focus on what you can control.



Think positive thoughts.

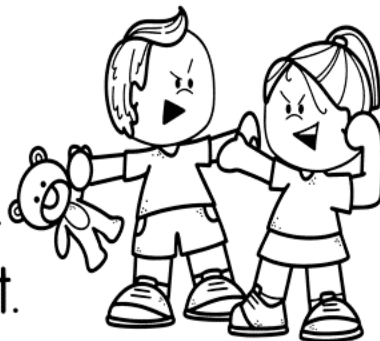
## Sharing with siblings.



Use a calming strategy.



Make your best effort.



Compromise



Take a short break.

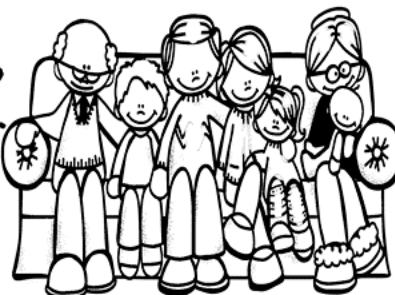
## Splitting your time between family, friends, and commitments.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Manage your time

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Messy room.



Use a calming strategy.



Make your best effort.



Ask for help.



Think positive thoughts.

## Broken down car.



Use a calming strategy.



Focus on what you can control.



Practice Gratitude



Think positive thoughts.

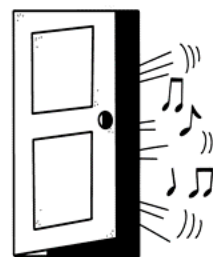
## Noisy/distracting environment.



Use a calming strategy.



Compromise



Make your best effort.



Ask for help

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

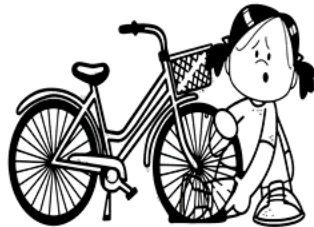
## Broken item/toy.



Use a calming strategy.



Practice Gratitude



Ask for help.



Think positive thoughts.

## Taking care of pets.



Use a calming strategy.



Ask for help.



Make your best effort.



Think positive thoughts.

## Step-parents/Step-siblings.



Use a calming strategy.



Compromise



Make your best effort.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Moving.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Sharing a room.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Losing your stuff.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Getting enough sleep.



Use a calming strategy.



Believe in yourself.



Ask for help.



Manage your time

## Arguing with parents.



Use a calming strategy.



Talk to a trusted person about it.



Compromise



Apologize

## Waking up on time.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Manage your time

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Money problems.



Write in a journal.



Practice Gratitude



Focus on what you can control.



Think positive thoughts.

## Making friends in your neighborhood.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

## Being bossed around by siblings.



Use a calming strategy.



Compromise



Make your best effort.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Family problems.



Use a calming strategy.



Practice Gratitude



Ask for help.



Think positive thoughts.

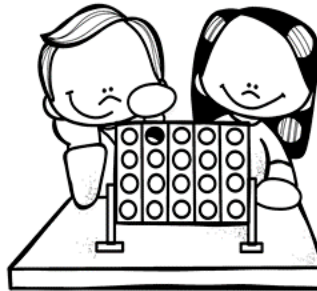
## Losing a game to a sibling.



Use a calming strategy.



Laugh it off



Take a short break.



Think positive thoughts.

## Not having the cool stuff that everyone else has.



Use a calming strategy.



Practice Gratitude



Focus on what you can control.



Think positive thoughts.

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Cyberbullying.



Talk to a trusted person about it.



Laugh it off



Ask for help.



Think positive thoughts.

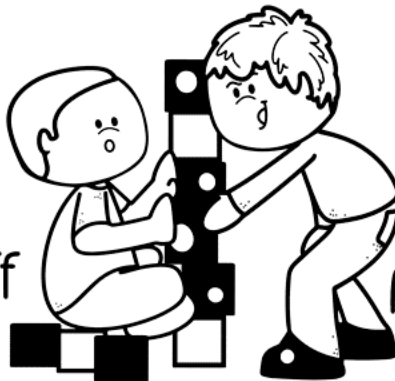
## Siblings taking something that belongs to you.



Use a calming strategy.



Laugh it off



Ask for help.



Compromise

## Arguing with siblings.



Use a calming strategy.



Compromise



Make your best effort.



Apologize

Name: \_\_\_\_\_

# Solving Home STRESSORS

Here are some ways to help cope with these Home Stressors.  
Color in the one that you would use.

## Parents not listening to you.



Use a calming strategy.



Write in a journal.



Ask for help.



Think positive thoughts.

## Wanting more screen time.



Use a calming strategy.



Compromise



Practice Gratitude



Think positive thoughts.

## Not meeting your parents expectations.



Use a calming strategy.



Believe in yourself.



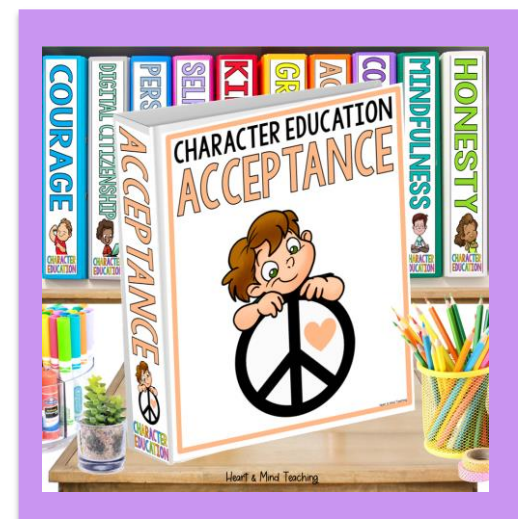
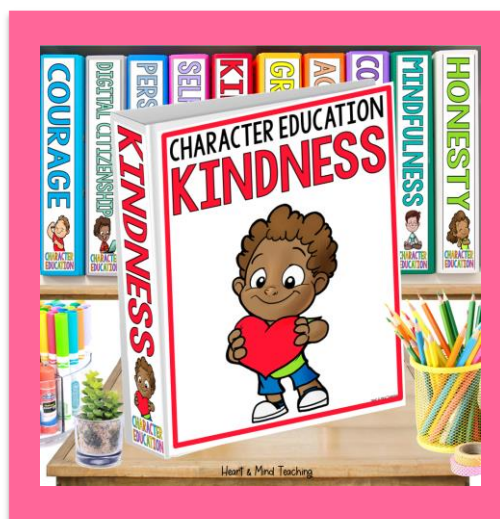
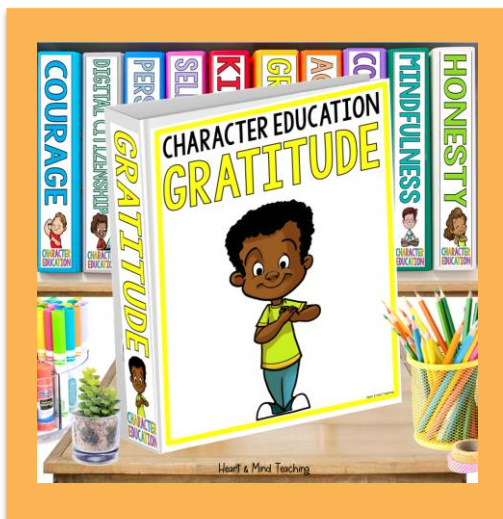
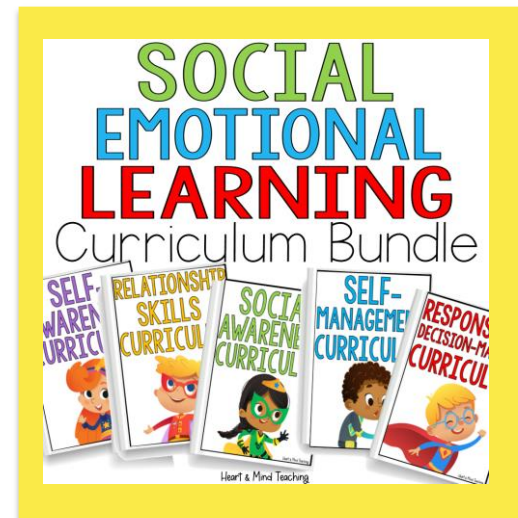
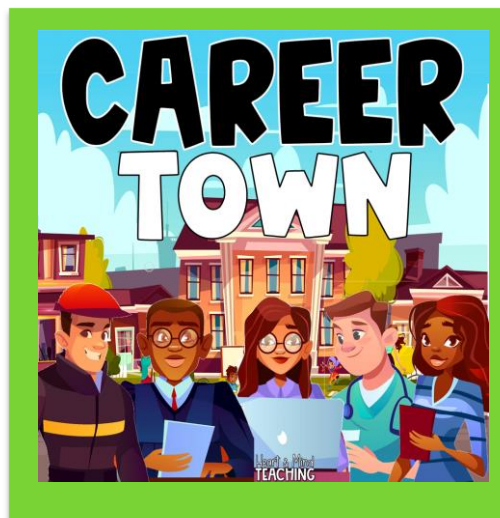
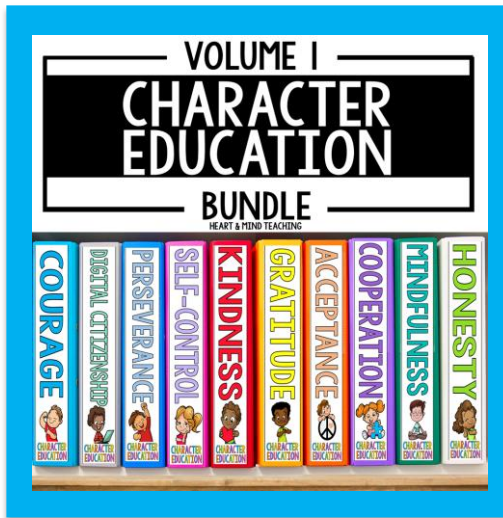
Make your best effort.



Think positive thoughts.

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# THANK YOU

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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.

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