



# KEYS to

# STRESS

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*Stress Management Scenarios*

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Relaxation Techniques



# KEYS to STRESS

## Objective:

- \*Students will be able to identify skills that help to reduce and cope with stress.
- \*Students will practice using stress management skills in scenarios.

## Materials:

- \*2 options to play: Less printing/ink option is 6 Keys (cards) cut out for each student OR 6 giant keys one for each student.
- \*Keys to Stress page & Scenarios.

## Guiding Questions

- \*Why is it important to have skills to use when you feel stressed?
- \*How can knowing stress coping skills help your life?

## Activity Details:

- \*\*An important part of managing stress is knowing different skills to cope with the stress and overcome it. It is normal to feel a certain amount of stress, such as when you have a test coming up or when you are worried about something. There are many ways to handle stress, we are going to learn about a few different skills and you can see which you would use.
- \*Keys to stress activity: Show the group the Keys to Stress paper, go through the different skills listed on there. Then pass out the keys, make sure each student gets one of every key (6 keys total). "I am giving you each the 6 keys that have ways to cope with stress on them, hold them in your hands like you would in a card game. As I read to you some different stressful scenarios, I will ask you all to put down the key that you would use in this situation, and I will ask you why or to give an example. I will go first." Read out loud the first scenario. "You have a test tomorrow that you have not studied for and you are really worried about it... I would use the key that says Relaxation Techniques because I would want to do some deep breathing and visualize a calm place which for me would be the beach, then once I feel calmer I can start focusing on studying. Which one would you use?" Wait for everyone to put down a key, ask why they chose that key. Read the next scenario and have the students put down the key they would use for each scenario and have them explain why and how they would use it. Everyone should pick back up their key after each scenario so they always have the 6 keys to choose from for every scenario. Use the guiding questions at the top of this page to help guide the group discussion.

## 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 Skills: Demonstrate effective coping skills when faced with a problem. (B-SMS 7)
- \*Behavior: Self-Management Skills: Demonstrate the ability to balance school, home, and community activities. (B-SMS 8)

## SEL Competencies:

- \*Self-management: Stress management, impulse control, self-discipline.
- \*Responsible decision making: Identifying problems, analyzing situations, solving problems.



# KEYS to STRESS



Positive Attitude



Relaxation  
Techniques



Accept your  
mistakes



Time  
Management



Seek Support



Make time  
for fun

# KEYS to STRESS



## Positive Attitude

Looking at things in a positive way, thinking of the glass half full.



Allowing for things to go wrong, making mistakes, and not being afraid to fail. Forgiving yourself for not being perfect.



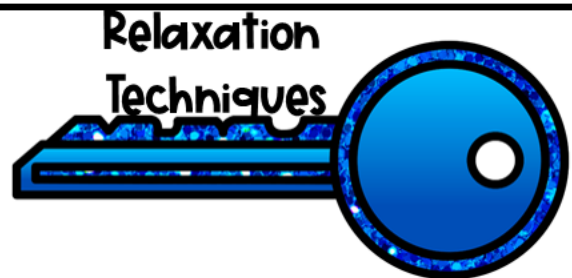
## Accept your mistakes

Talk to a trusted person, ask for help from an adult.



## Seek Support

Slow focused breathing, yoga/meditation, exercise, visualizing a calm place.



## Relaxation Techniques

Using your time effectively and setting limits on overextending yourself.



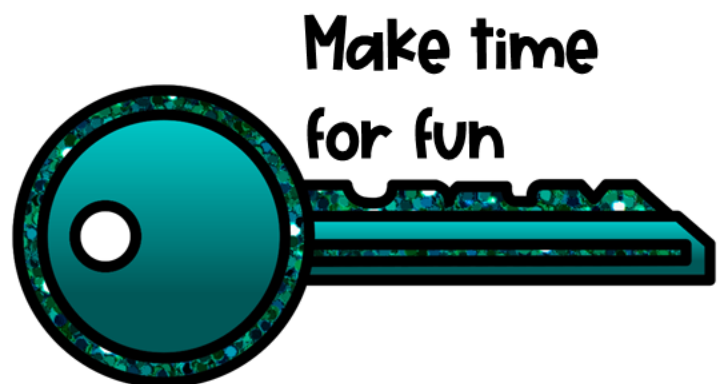
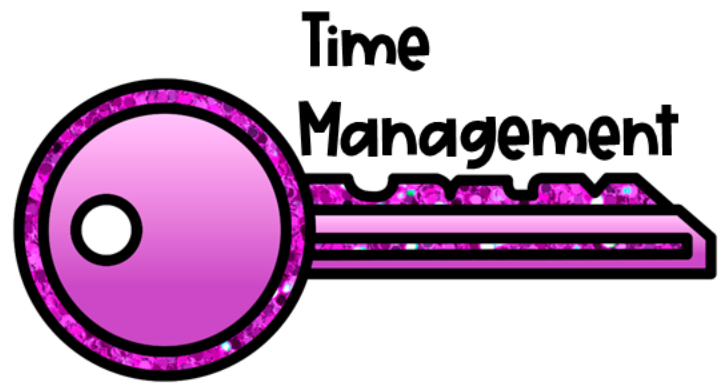
## Time Management

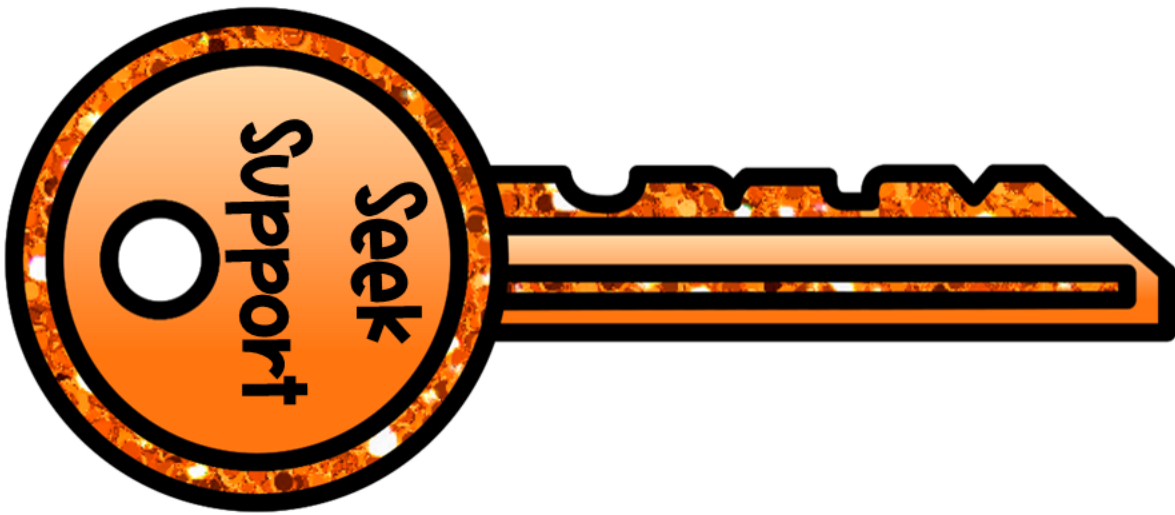
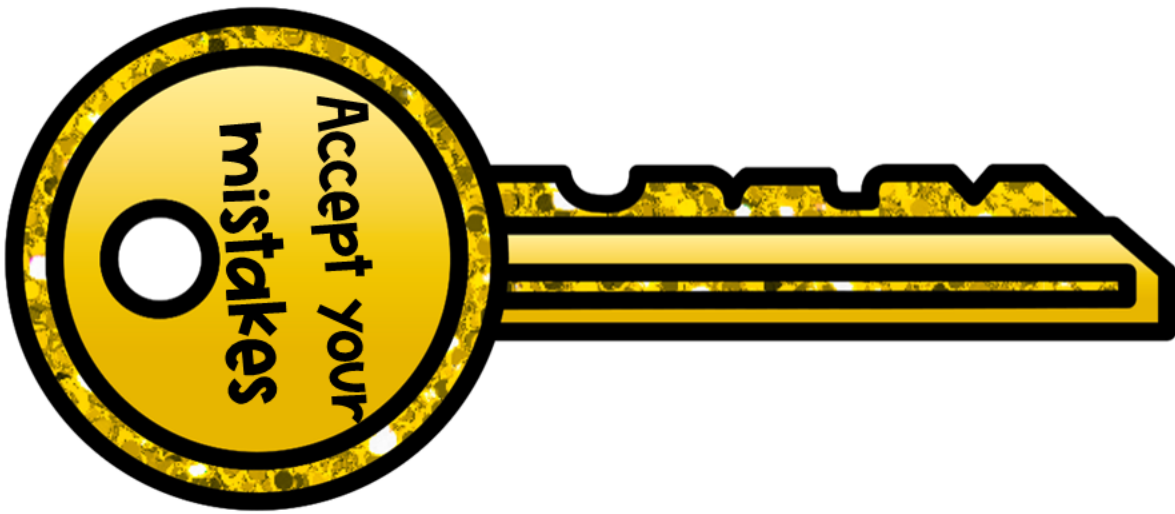
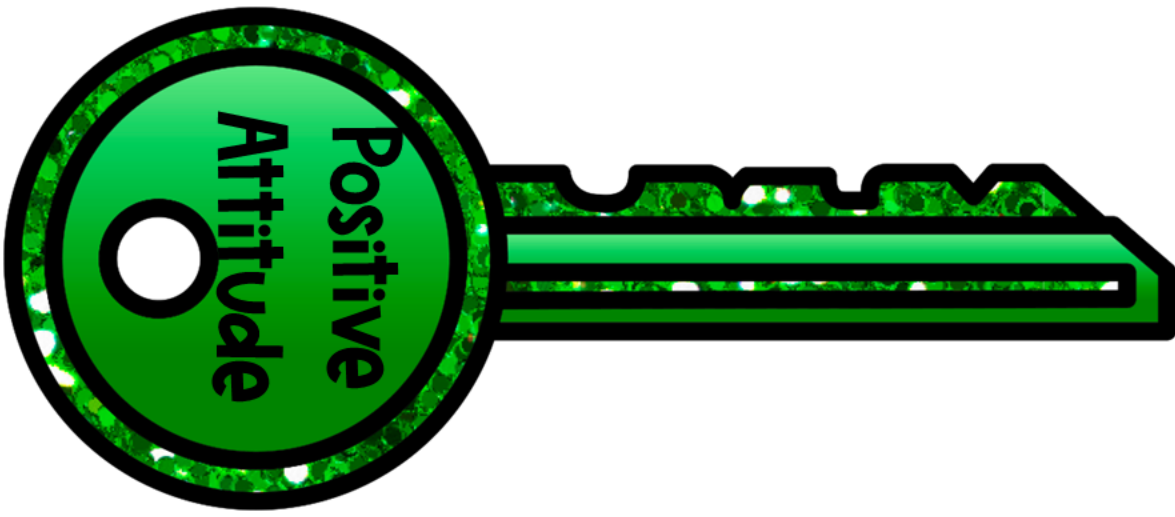
Spend time doing a hobby, fun activity, or something that brings you joy.

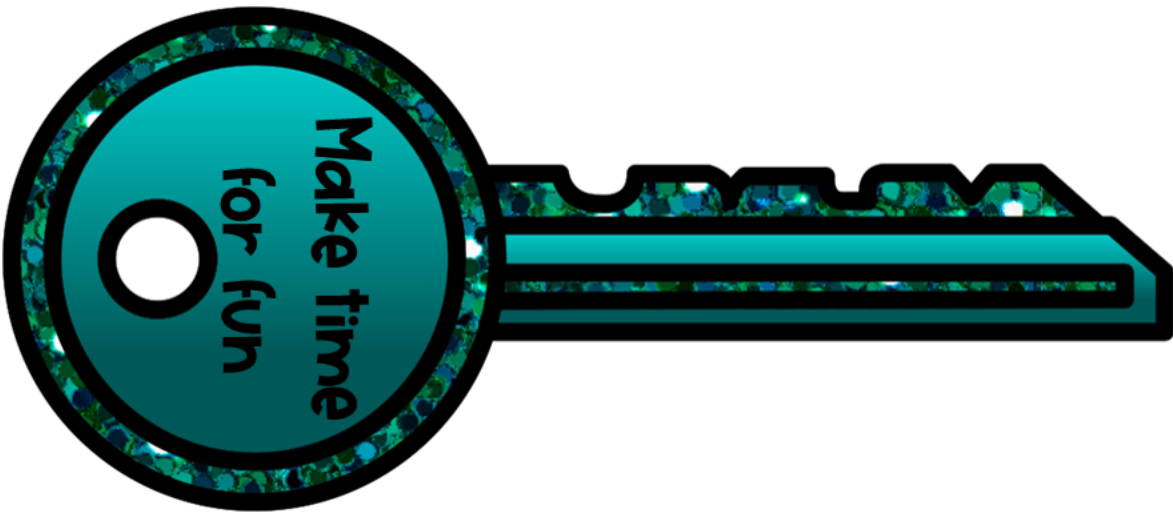
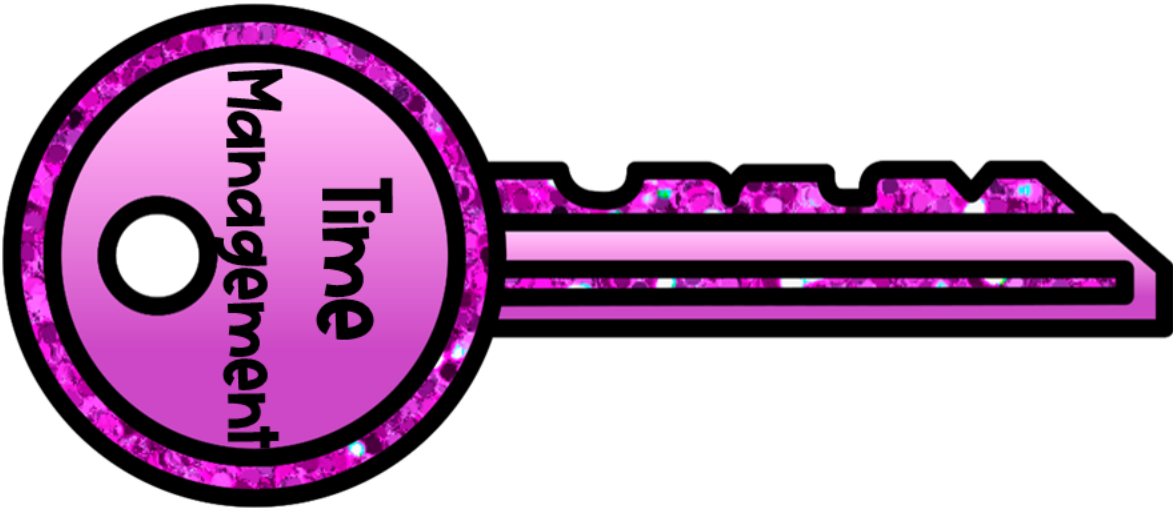
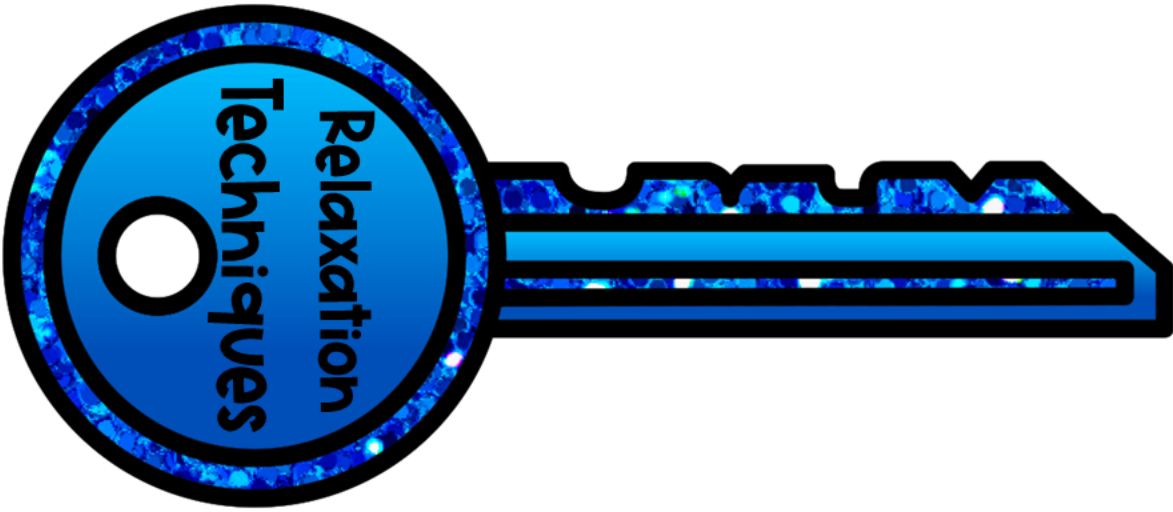


## Make time for fun









# Stress Management Scenarios



You have a test tomorrow that you have not studied for and you are really worried about it.



You are playing in the big football game for your school and you want to win and play well.



You overhear an argument between your parents.



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You are not the best at math and you have a math test coming up.

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You are asked to lead a project for a club you are in but you have a lot on your plate already.



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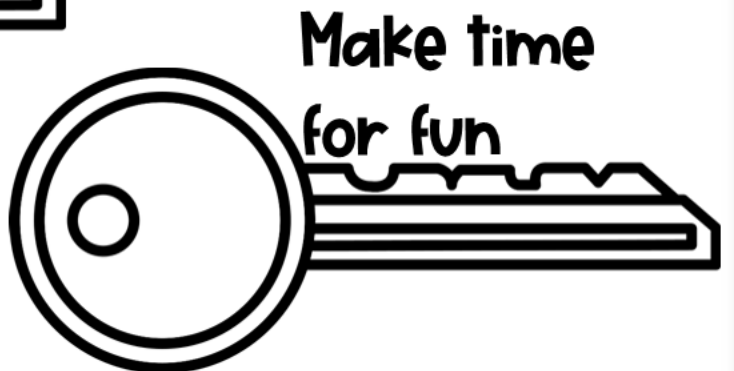
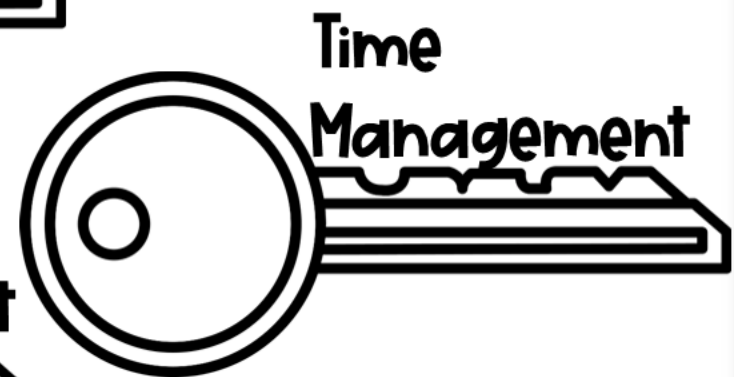
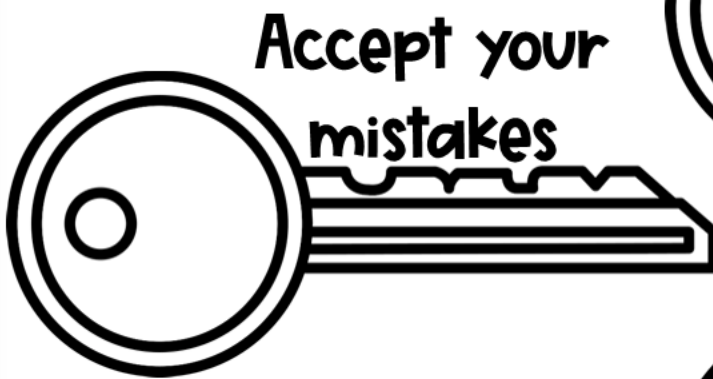
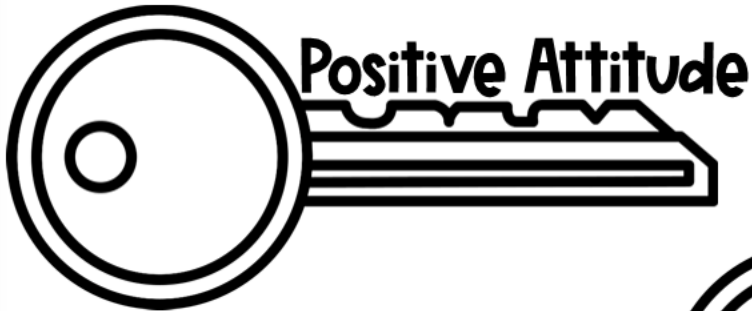
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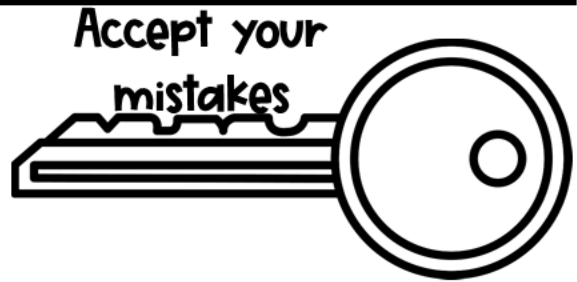


## Positive Attitude

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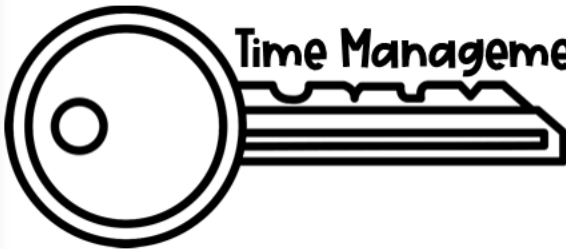
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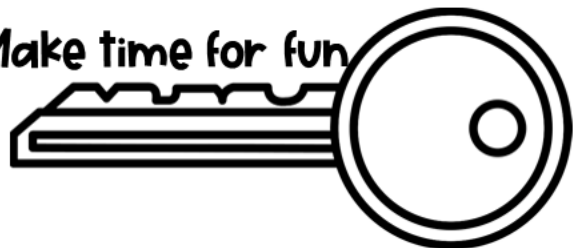
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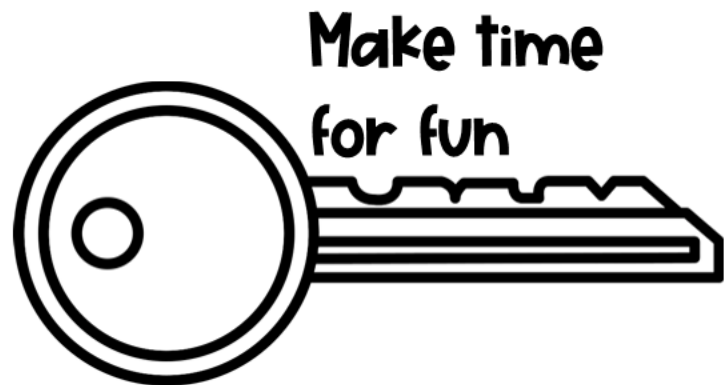
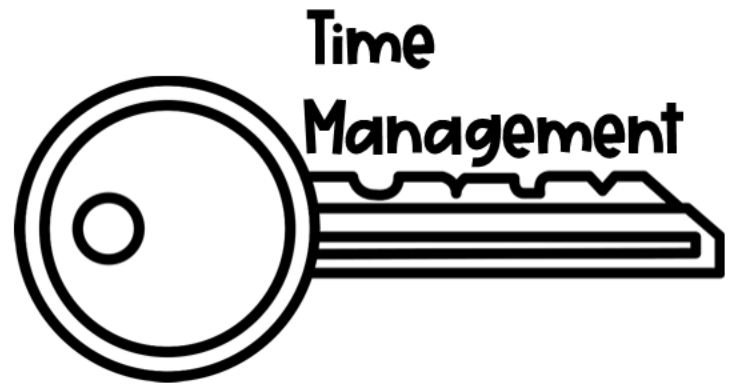
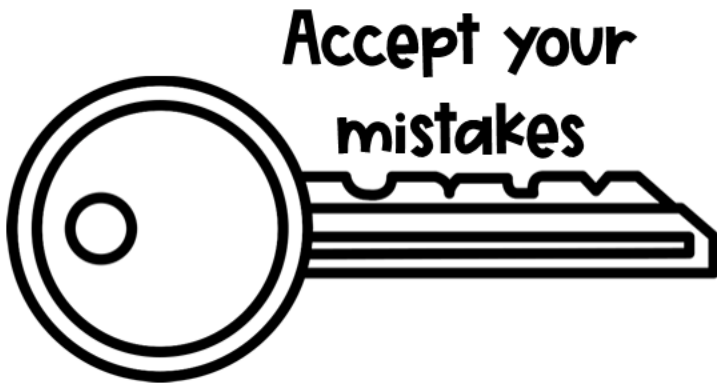
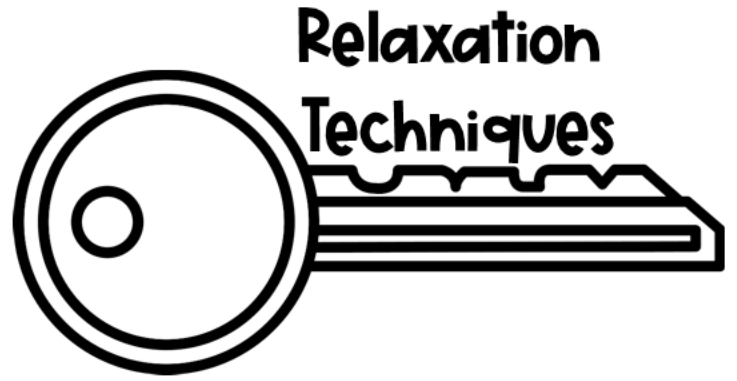
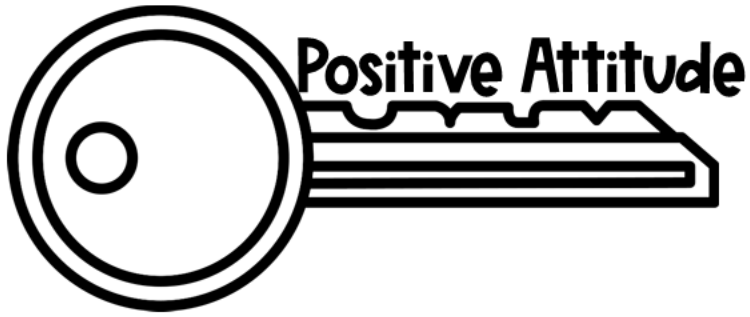
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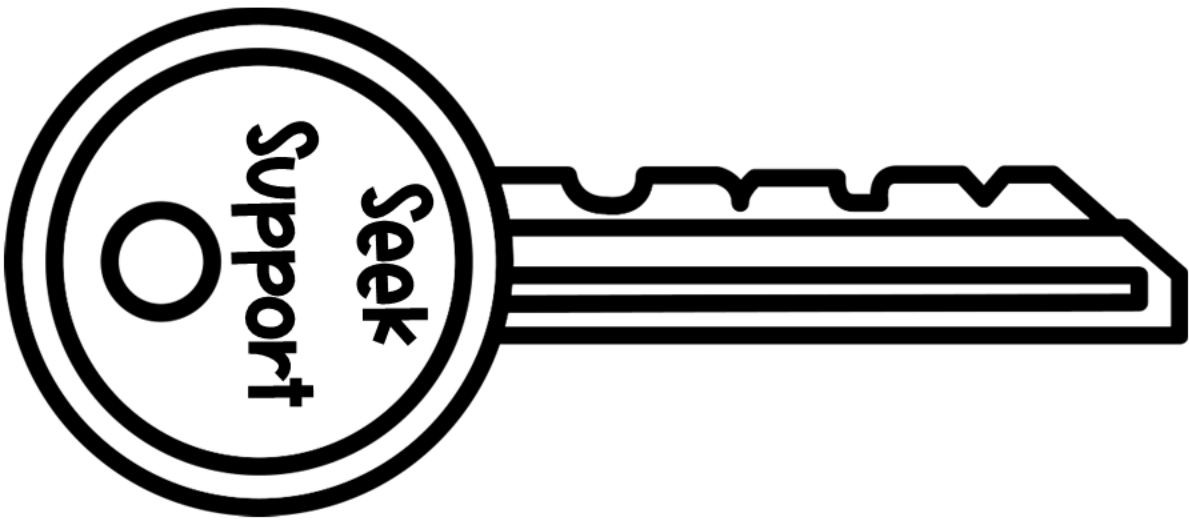
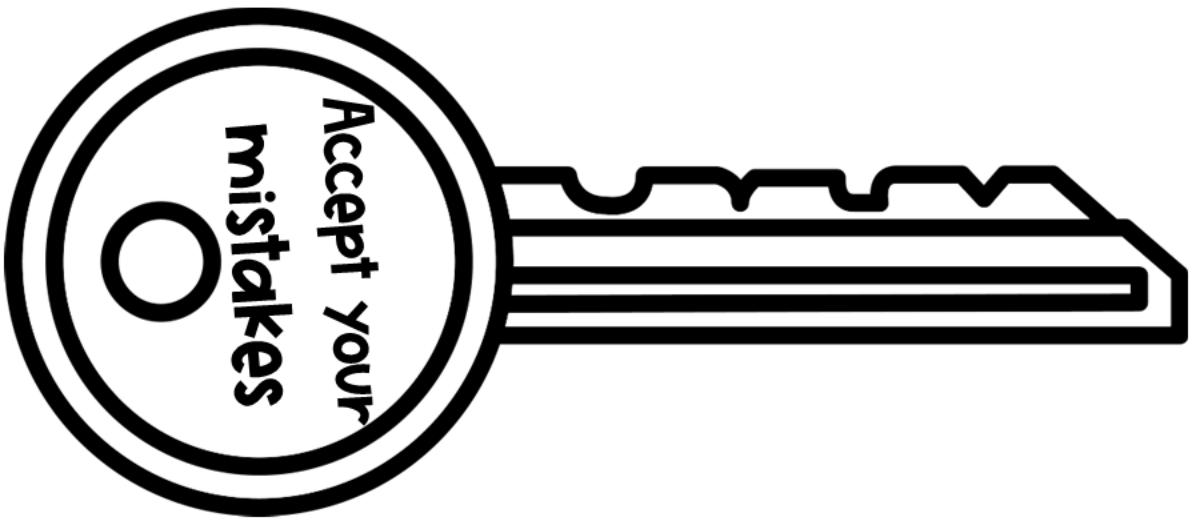
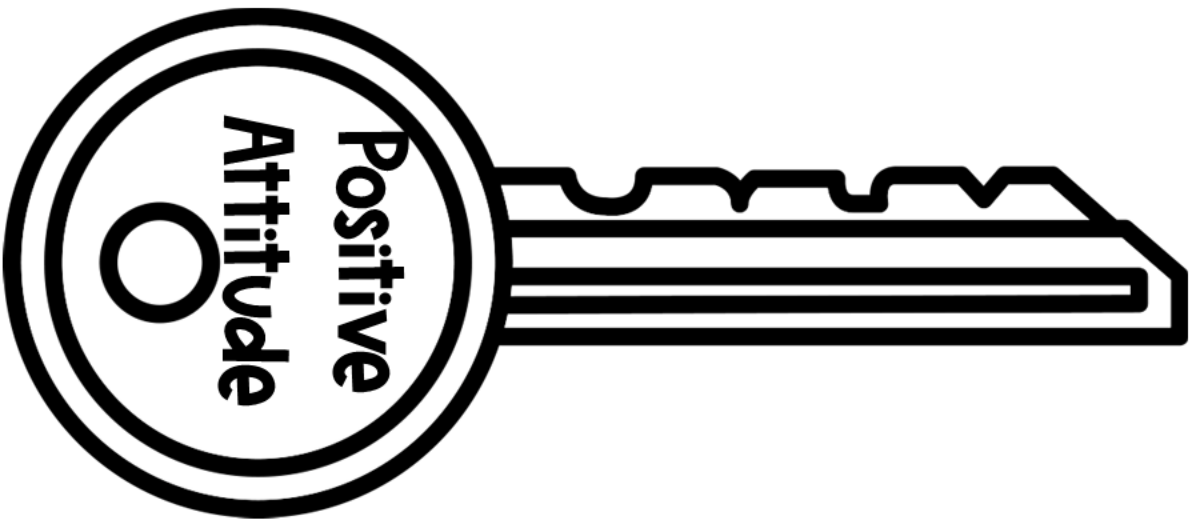


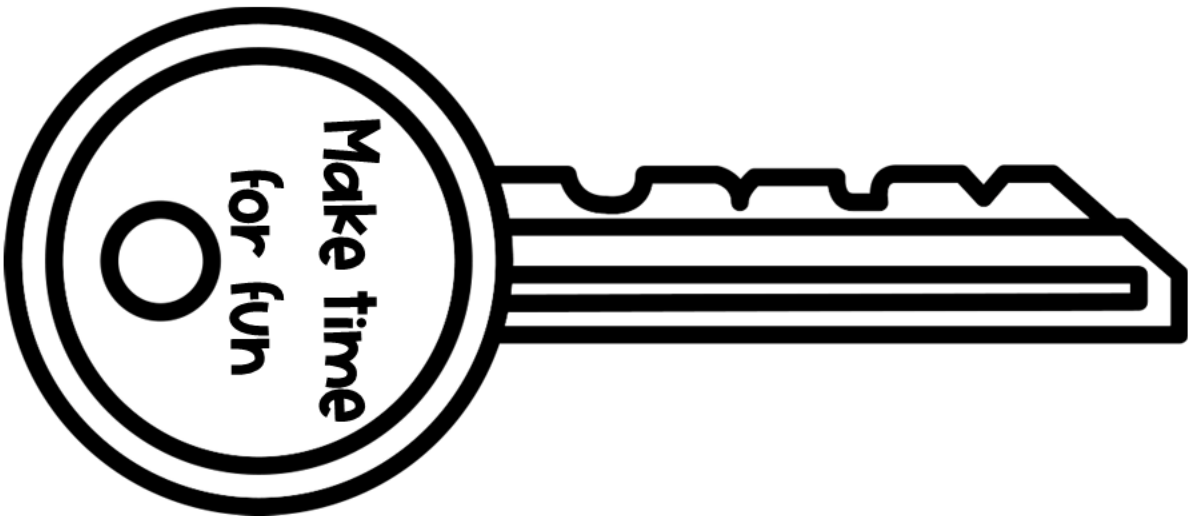
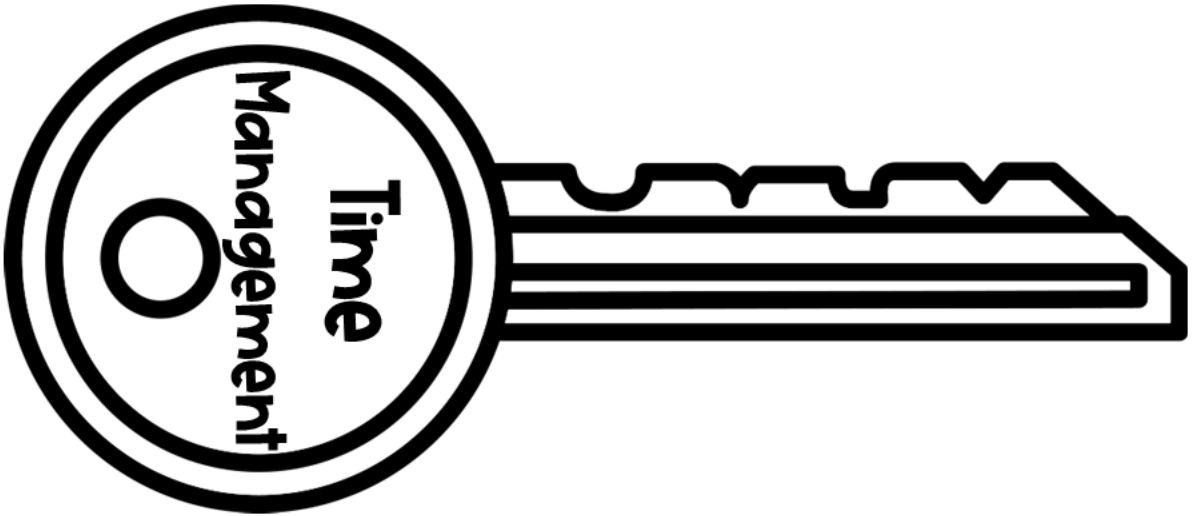
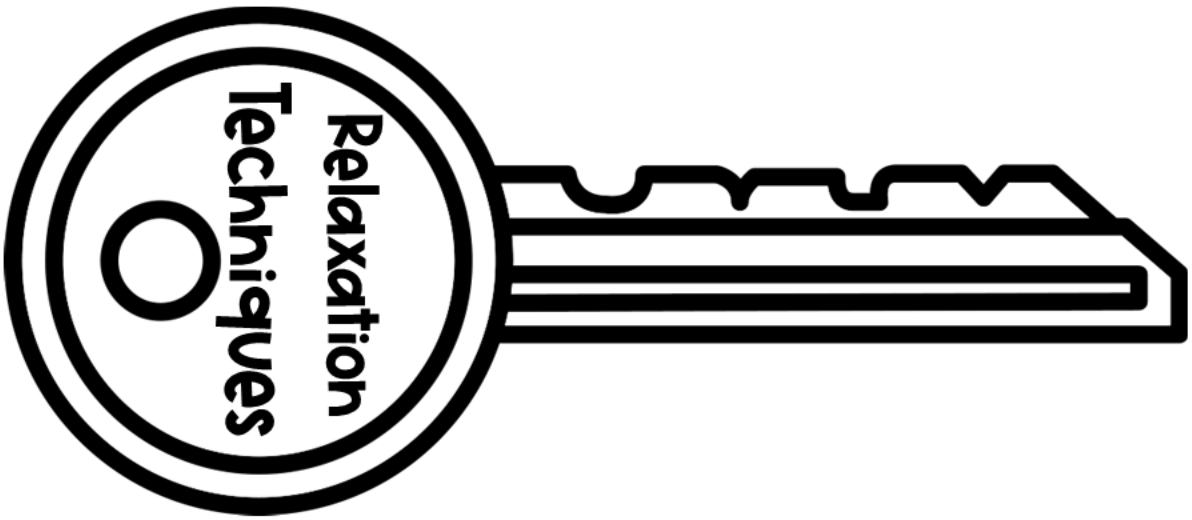
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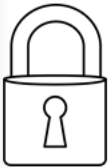
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# GOOGLE CLASSROOM

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

1 Click here  [Keys to 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 **YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**  
Otherwise they will all be editing the same file.

Helpful links for using Google Classroom:

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

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

# ABOUT THE AUTHOR



**I'M ASHLEY**

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

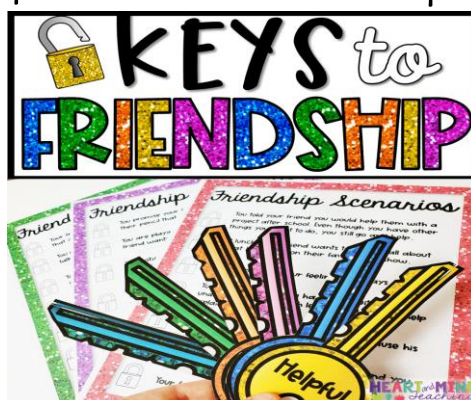
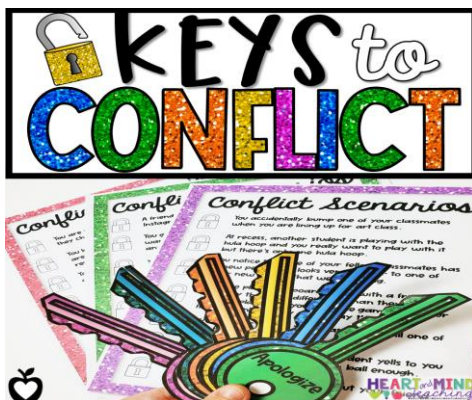
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All of my Tpt resources are 50% off for the first 24 hrs posted. Make sure to follow me so you do not miss a deal.

# RECOMMENDED RESOURCES

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