

# THANK YOU FOR YOUR PURCHASE!



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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  [School 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 \(youtube video\)](#)



# School STRESSORS

## Session Objective:

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

## Materials:

\*Handouts, scissors, pencils.

## Guiding Questions:

\*What are some school stressors?

\*What are ways to cope with stressors?

\*How can stress from school impact others areas of our 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 school stressors that impact our life. Stress can come from many different areas, like home or our social life, your school 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 school stressors." Show the school stressors poster on page 4. "Let's sort through some different school 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 school 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."



# School STRESSORS



Testing



Organization



Bullying



Being late



Amount of  
work



Peer  
pressure



Staying  
focused



Being  
called on



Getting in  
trouble



Lots of commitments  
(school, sports, clubs)



Grades



Getting along  
with others.

# Coping with School STRESSORS



Talk to a trusted person about it.



Be prepared.



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.



Practice Self-care.



Believe in yourself.

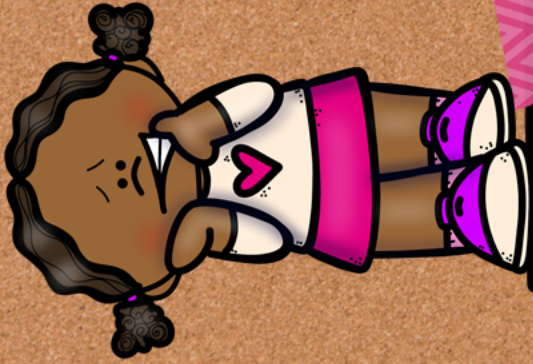
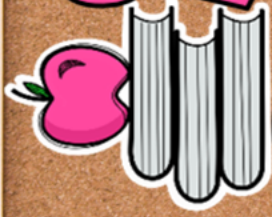


Have fun, take time to unwind.

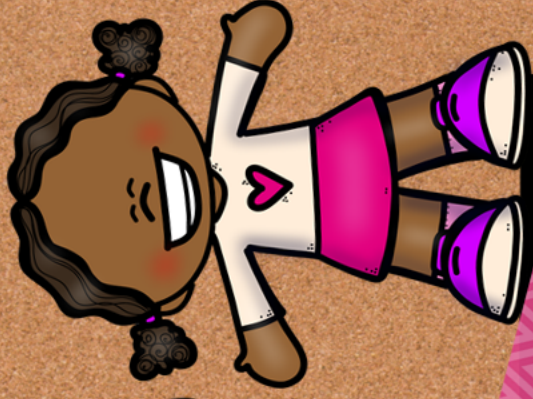


Get good sleep. & eat healthy.

# School STRESSORS



**STRESSOR**



**NOT A  
STRESSOR**

Not being able to do the work.



Going to the next grade level.



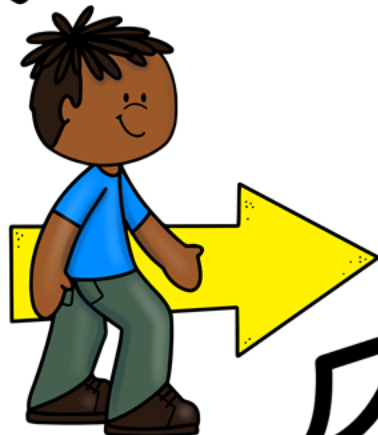
Getting called on in class.



Your new teacher not liking you.



Changing classes or schools.



Bullying.



Others having things  
you don't have.



Tripping in front  
of  
others.



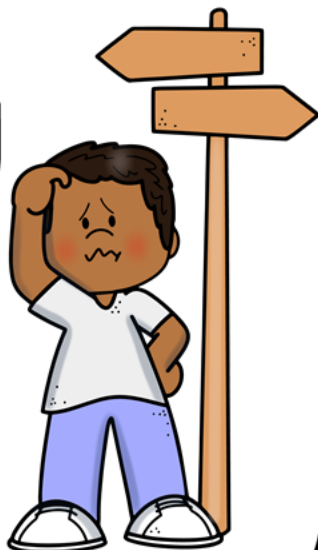
Being late to school.



Breaking your pencil.



Getting  
lost.



Not understanding  
the work.



Someone tattling on you.



Focusing on your work.



Getting along with others.



Staying on task.



Finishing your work on time.



Problems with friends.



Showing self-control.



Being responsible.



Working in groups.



Staying organized.



Getting in trouble.



Lots of commitments  
(school, sports, clubs).



Someone being mean to you.



Someone not listening to you.



Getting a bad grade.



Feeling pressured to succeed.



Peer pressure.



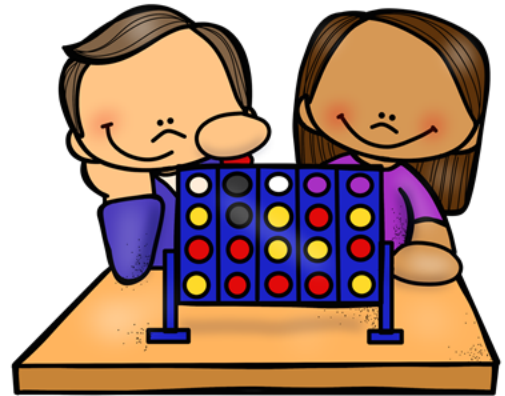
Not making the team.



Not being picked at recess  
for the game.



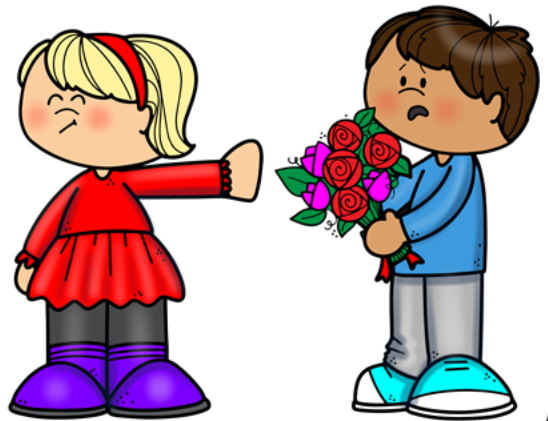
Losing a game.



Forgetting your agenda  
or book at home.



Someone rejecting you.



Someone not wanting  
to be your friend.



Forgetting your lunch  
or lunch  
money.



Having no one to sit with at lunch.



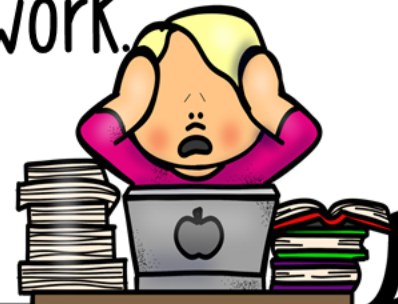
No one asking to play with you.



Pop quiz.



Feeling overwhelmed with the amount of school work.



Speaking in front of the class.



Performing in front of the school.



Losing your materials.



The big state test is coming up.



Forgetting to do your homework.



There's a test today that you did not study much for.



Forgetting you had something due today.



Big project due tomorrow that you have not started.



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

# My School STRESSORS

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



School Stressor #1:

School Stressor #2:

A large empty square box with a thick black border. Each of the four corners is marked with a small pink triangle pointing inward.A large empty square box with a thick black border. Each of the four corners is marked with a small pink triangle pointing inward.

School Stressor #3:

School Stressor #4:

A large empty square box with a thick black border. Each of the four corners is marked with a small pink triangle pointing inward.A large empty square box with a thick black border. Each of the four corners is marked with a small pink triangle pointing inward.

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



# My School STRESSORS

School 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.



Be prepared.



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.



Practice Self-care.



Believe in yourself.



Have fun, take time to unwind.



Get good sleep & eat healthy.

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



# My School STRESSORS

School 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.



Be prepared.



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.



Practice Self-care.



Believe in yourself.



Have fun, take time to unwind.



Get good sleep & eat healthy.

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



# My School STRESSORS

School 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.



Be prepared.



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.



Practice Self-care.



Believe in yourself.



Have fun, take time to unwind.



Get good sleep & eat healthy.

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



# My School STRESSORS

School 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.



Be prepared.



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.



Practice Self-care.



Believe in yourself.



Have fun, take time to unwind.



Get good sleep & eat healthy.

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

# Solving School **STRESSORS**

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

## Not being able to do the work.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

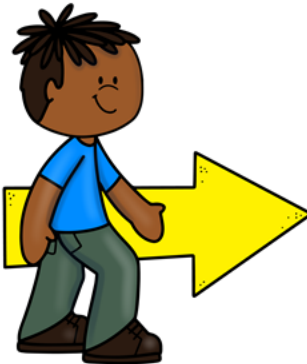
## Changing classes or schools.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Getting called on in class.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

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

# Solving School **STRESSORS**

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

## Going to the next grade level.



Use a calming strategy.



Be prepared.



Talk to a trusted person about it.



Think positive thoughts.

## Your new teacher not liking you.



Use a calming strategy.



Believe in yourself.



Talk to a trusted person about it.



Think positive thoughts.

## Bullying.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Write in a journal.

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

# Solving School **STRESSORS**

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

## Tripping in front of others.



Use a calming strategy.



Laugh it off



Talk to a trusted person about it.



Think positive thoughts.

## Breaking your pencil.



Use a calming strategy.



Be prepared.



Laugh it off



Think positive thoughts.

## Not understanding the work.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

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

# Solving School **STRESSORS**

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

## Others having things you don't have.



Use a calming strategy.



Laugh it off



Practice Gratitude



Think positive thoughts.

## Being late to school.



Use a calming strategy.



Be prepared.



Ask for help.



Think positive thoughts.

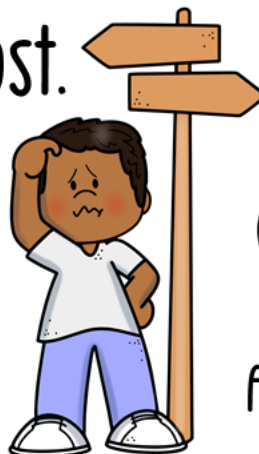
## Getting lost.



Use a calming strategy.



Be prepared.



Ask for help.



Think positive thoughts.

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

# Solving School **STRESSORS**

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

## Someone tattling on you.



Use a calming strategy.



Laugh it off



Write in a journal.



Think positive thoughts.

## Getting along with others.



Use a calming strategy.



Talk to a trusted person about it.



Believe in yourself.



Think positive thoughts.

## Finishing your work on time.



Use a calming strategy.



Make your best effort.



Manage your time.



Think positive thoughts.

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

# Solving School **STRESSORS**

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

## Focusing on your work.



Use a calming strategy.



Make your best effort.



Manage your time



Believe in yourself.

## Staying on task.



Use a calming strategy.



Make a To-do list.



Take a short break.



Manage your time

## Problems with friends.



Use a calming strategy.



Talk to a trusted person about it.



Laugh it off



Think positive thoughts.

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

# Solving School **STRESSORS**

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

## Showing self-control.



Use a calming strategy.



Get good sleep & eat healthy.



Talk to a trusted person about it.



Take a short break.

## Working in groups.



Use a calming strategy.



Be prepared.



Ask for help.



Think positive thoughts.

## Getting in trouble.



Use a calming strategy.



Talk to a trusted person about it.



Make your best effort.



Believe in yourself.

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

# Solving School **STRESSORS**

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

## Being responsible.



Use a calming strategy.



Be prepared.



Ask for help.



Manage your time

## Staying organized.



Use a calming strategy.



Be prepared.



Ask for help.



Make a To-do list.

## Lots of commitments (school, sports, clubs).



Have fun, take time to unwind.



Manage your time.



Ask for help.



Practice Self-care.

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

# Solving School **STRESSORS**

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

## Someone being mean to you.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Laugh it off

## Getting a bad grade.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

## Peer pressure.



Use a calming strategy.



Believe in yourself.



Talk to a trusted person about it.



Think positive thoughts.

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

# Solving School **STRESSORS**

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

## Someone not listening to you.



Use a calming strategy.



Talk to a trusted person about it.



Write in a journal.



Think positive thoughts.

## Feeling pressured to succeed.



Practice Self-care.



Talk to a trusted person about it.



Have fun, take time to unwind.



Believe in yourself.

## Not making the team.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

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

# Solving School **STRESSORS**

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

## Not being picked at recess for the game.



Use a calming strategy.



Talk to a trusted person about it.



Laugh it off



Think positive thoughts.

## Forgetting your agenda or book at home.



Use a calming strategy.



Be prepared.



Ask for help.



Think positive thoughts.

## Someone not wanting to be your friend.



Use a calming strategy.



Talk to a trusted person about it.



Believe in yourself.



Think positive thoughts.

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

# Solving School **STRESSORS**

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

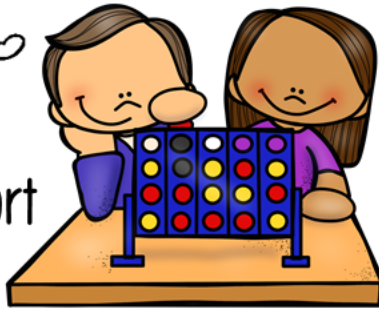
## Losing a game.



Use a calming strategy.



Take a short break.



Laugh it off



Think positive thoughts.

## Someone rejecting you.



Use a calming strategy.



Practice Gratitude



Laugh it off



Think positive thoughts.

## Forgetting your lunch or lunch money.



Use a calming strategy.



Be prepared.



Ask for help.



Make a To-do list

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

# Solving School **STRESSORS**

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

## Having no one to sit with at lunch.



Use a calming strategy.



Believe in yourself.



Laugh it off



Think positive thoughts.

## Pop quiz.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

## Speaking in front of the class.



Use a calming strategy.



Be prepared.



Make your best effort.



Believe in yourself.

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

# Solving School **STRESSORS**

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

## No one asking to play with you.



Use a calming strategy.



Talk to someone.



Believe in yourself.



Think positive thoughts.

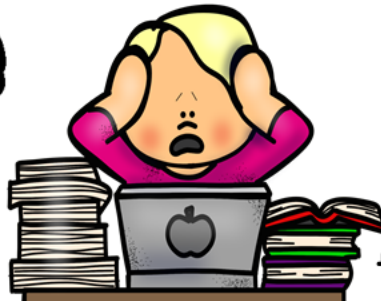
## Feeling overwhelmed with the amount of school work.



Use a calming strategy.



Practice Self-care.



Have fun, take time to unwind.



Make a To-do list

## Performing in front of the school.



Use a calming strategy.



Be prepared.



Believe in yourself.



Think positive thoughts.

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

# Solving School **STRESSORS**

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

## Losing your materials.



Use a calming strategy.



Be prepared.



Ask for help.



Think positive thoughts.

## Forgetting to do your homework.



Use a calming strategy.



Be prepared.



Make a To-do list.



Think positive thoughts.

## Forgetting you had something due.



Use a calming strategy.



Be prepared.



Make a To-do list



Think positive thoughts.

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

# Solving School **STRESSORS**

Here are some ways to help cope with these School Stressors.  
Color in the one (or more) that you would use.

The big state test is coming up.



Use a calming strategy.



Be prepared.



Make your best effort.



Believe in yourself.

There's a test today that you did not study much for.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Big project due tomorrow that you have not started.



Use a calming strategy.



Make your best effort.



Ask for help.



Make a To-do list.

# **Black & White Version**



# School STRESSORS



Testing



Organization



Bullying



Being late



Amount of  
work



Peer  
pressure



Staying  
focused



Being  
called on



Getting in  
trouble



Lots of commitments  
(school, sports, clubs)

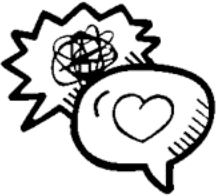


Grades



Getting along  
with others.

# Coping with School **STRESSORS**



Talk to a trusted person about it.



Be prepared.



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.



Practice Self-care.



Believe in yourself.

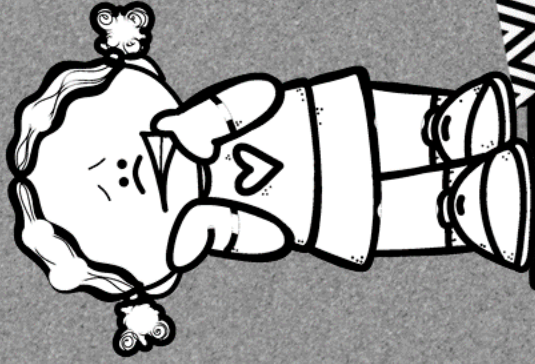


Have fun, take time to unwind.

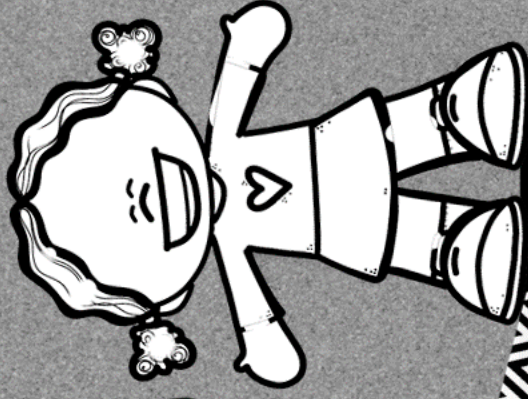


Get good sleep. & eat healthy.

# School STRESSORS



STRESSOR



NOT A  
STRESSOR

Not being able to do the work.



Going to the next grade level.



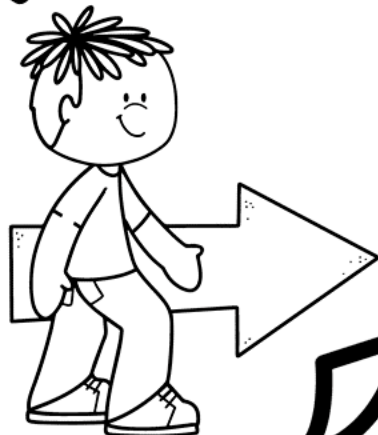
Getting called on in class.



Your new teacher not liking you.



Changing classes or schools.



Bullying.



Others having things  
you don't have.



Tripping in front  
of  
others.



Being late to school.



Breaking your pencil.



Getting  
lost.



Not understanding  
the work.



Someone tattling on  
you.



Focusing on your  
work.



Getting along with  
others.



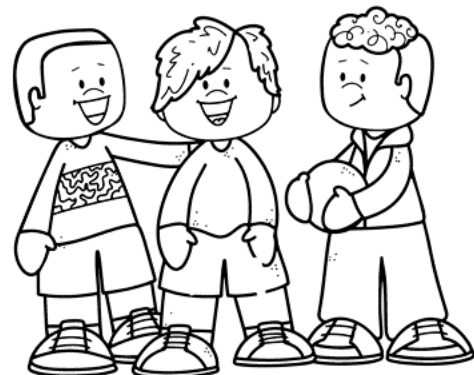
Staying on task.



Finishing your work  
on time.



Problems with friends.



Showing self-control.



Being responsible.



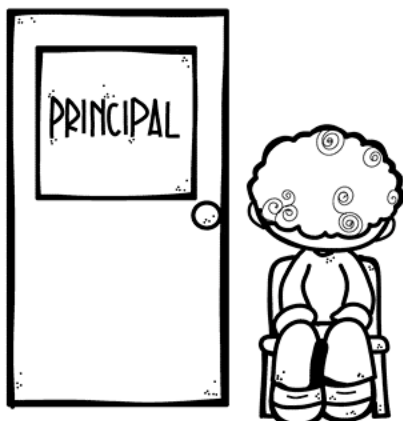
Working in groups.



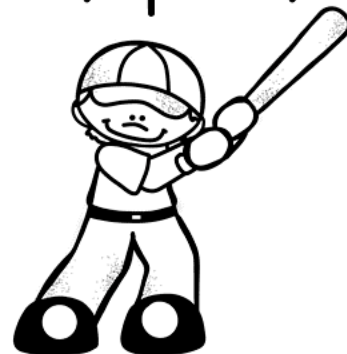
Staying organized.



Getting in trouble.



Lots of commitments  
(school, sports, clubs).



Someone being mean to you.



Someone not listening to you.



Getting a bad grade.



Feeling pressured to succeed.



Peer pressure.



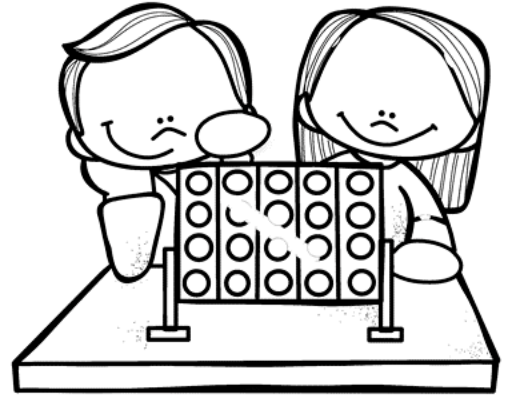
Not making the team.



Not being picked at recess  
for the game.



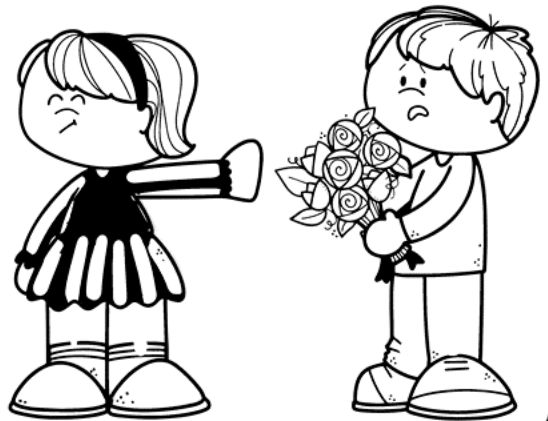
Losing a game.



Forgetting your agenda  
or book at home.



Someone rejecting you.



Someone not wanting  
to be your friend.



Forgetting your lunch  
or lunch  
money.



Having no one to sit with at lunch.



No one asking to play with you.



Pop quiz.



Feeling overwhelmed with the amount of school work.



Speaking in front of the class.



Performing in front of the school.



Losing your materials.



The big state test is coming up.



Forgetting to do your homework.



There's a test today that you did not study much for.



Forgetting you had something due today.



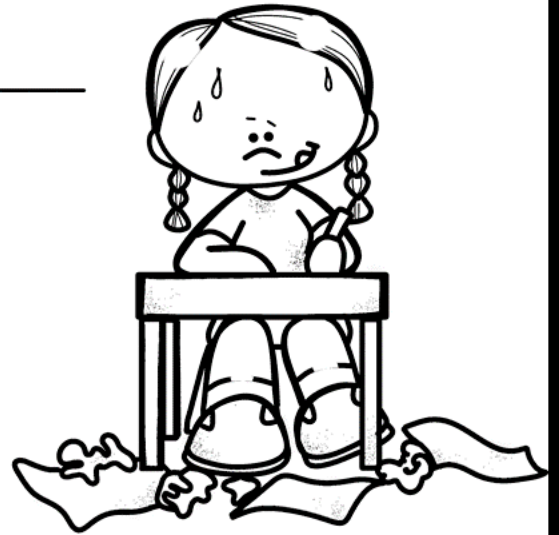
Big project due tomorrow that you have not started.



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

# My School STRESSORS

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



School Stressor #1:

School Stressor #2:

A large empty square box with a thick black border. Each of the four corners is reinforced with a smaller square shape, creating a frame for drawing or writing.A large empty square box with a thick black border. Each of the four corners is reinforced with a smaller square shape, creating a frame for drawing or writing.

School Stressor #3:

School Stressor #4:

A large empty square box with a thick black border. Each of the four corners is reinforced with a smaller square shape, creating a frame for drawing or writing.A large empty square box with a thick black border. Each of the four corners is reinforced with a smaller square shape, creating a frame for drawing or writing.

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

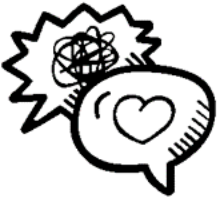


# My School STRESSORS

School 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.



Be prepared.



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.



Practice Self-care.



Believe in yourself.



Have fun, take time to unwind.



Get good sleep & eat healthy.

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



# My School STRESSORS

School 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.



Be prepared.



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.



Practice Self-care.



Believe in yourself.



Have fun, take time to unwind.



Get good sleep & eat healthy.

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

# My School STRESSORS



School 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.



Be prepared.



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.



Practice Self-care.



Believe in yourself.



Have fun, take time to unwind.



Get good sleep & eat healthy.

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

# My School STRESSORS



School 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.



Be prepared.



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.



Practice Self-care.



Believe in yourself.



Have fun, take time to unwind.



Get good sleep & eat healthy.

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

# Solving School STRESSORS

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

## Not being able to do the work.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

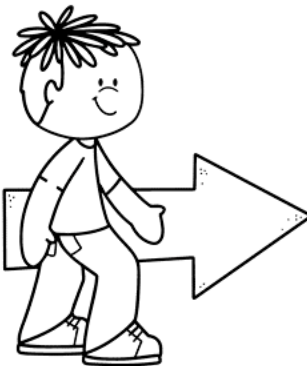
## Changing classes or schools.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

## Getting called on in class.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

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

# Solving School STRESSORS

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

## Going to the next grade level.



Use a calming strategy.



Be prepared.



Talk to a trusted person about it.



Think positive thoughts.

## Your new teacher not liking you.



Use a calming strategy.



Believe in yourself.



Talk to a trusted person about it.



Think positive thoughts.



## Bullying.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Write in a journal.

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

# Solving School STRESSORS

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

## Tripping in front of others.



Use a calming strategy.



Laugh it off



Talk to a trusted person about it.



Think positive thoughts.

## Breaking your pencil.



Use a calming strategy.



Be prepared.



Laugh it off



Think positive thoughts.

## Not understanding the work.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

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

# Solving School STRESSORS

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

## Others having things you don't have.



Use a calming strategy.



Laugh it off



Practice Gratitude



Think positive thoughts.

## Being late to school.



Use a calming strategy.



Be prepared.



Ask for help.



Think positive thoughts.

## Getting lost.



Use a calming strategy.



Be prepared.



Ask for help.



Think positive thoughts.

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

# Solving School STRESSORS

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

## Someone tattling on you.



Use a calming strategy.



Laugh it off



Write in a journal.



Think positive thoughts.

## Getting along with others.



Use a calming strategy.



Talk to a trusted person about it.



Believe in yourself.



Think positive thoughts.

## Finishing your work on time.



Use a calming strategy.



Make your best effort.



Manage your time.



Think positive thoughts.

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

# Solving School STRESSORS

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

## Focusing on your work.



Use a calming strategy.



Make your best effort.



Manage your time



Believe in yourself.

## Staying on task.



Use a calming strategy.



Make a To-do list.



Take a short break.



Manage your time

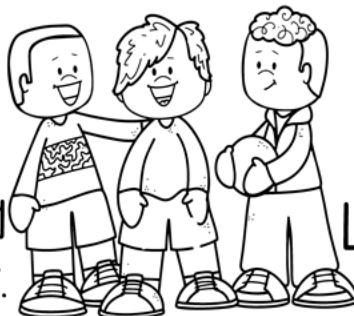
## Problems with friends.



Use a calming strategy.



Talk to a trusted person about it.



Laugh it off



Think positive thoughts.

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

# Solving School STRESSORS

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

## Showing self-control.



Use a calming strategy.



Get good sleep & eat healthy.



Talk to a trusted person about it.



Take a short break.

## Working in groups.



Use a calming strategy.



Be prepared.



Ask for help.



Think positive thoughts.

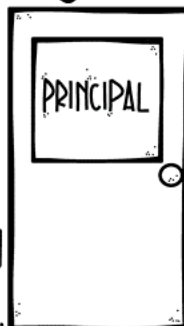
## Getting in trouble.



Use a calming strategy.



Talk to a trusted person about it.



Make your best effort.



Believe in yourself.

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

# Solving School STRESSORS

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

## Being responsible.



Use a calming strategy.



Be prepared.



Ask for help.



Manage your time

## Staying organized.



Use a calming strategy.



Be prepared.



Ask for help.



Make a To-do list.

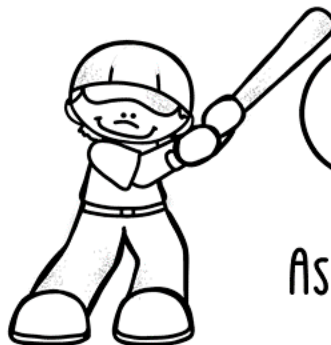
## Lots of commitments (school, sports, clubs).



Have fun, take time to unwind.



Manage your time.



Ask for help.



Practice Self-care.

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

# Solving School STRESSORS

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

## Someone being mean to you.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Laugh it off

## Getting a bad grade.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

## Peer pressure.



Use a calming strategy.



Believe in yourself.



Talk to a trusted person about it.



Think positive thoughts.

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

# Solving School STRESSORS

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

## Someone not listening to you.



Use a calming strategy.



Talk to a trusted person about it.



Write in a journal.



Think positive thoughts.

## Feeling pressured to succeed.



Practice Self-care.



Talk to a trusted person about it.



Have fun, take time to unwind.



Believe in yourself.

## Not making the team.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

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

# Solving School STRESSORS

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

## Not being picked at recess for the game.



Use a calming strategy.



Talk to a trusted person about it.



Laugh it off



Think positive thoughts.

## Forgetting your agenda or book at home.



Use a calming strategy.



Be prepared.



Ask for help.



Think positive thoughts.

## Someone not wanting to be your friend.



Use a calming strategy.



Talk to a trusted person about it.



Believe in yourself.



Think positive thoughts.

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

# Solving School STRESSORS

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

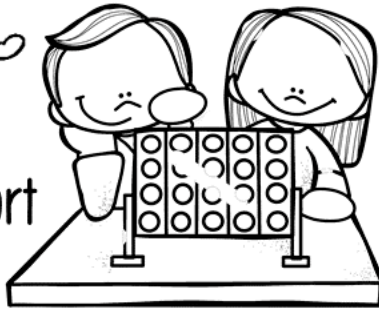
## Losing a game.



Use a calming strategy.



Take a short break.



Laugh it off



Think positive thoughts.

## Someone rejecting you.



Use a calming strategy.



Practice Gratitude



Laugh it off



Think positive thoughts.

## Forgetting your lunch or lunch money.



Use a calming strategy.



Be prepared.



Ask for help.



Make a To-do list

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

# Solving School STRESSORS

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

## Having no one to sit with at lunch.



Use a calming strategy.



Believe in yourself.



Laugh it off



Think positive thoughts.

## Pop quiz.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

## Speaking in front of the class.



Use a calming strategy.



Be prepared.



Make your best effort.



Believe in yourself.

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

# Solving School STRESSORS

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

## No one asking to play with you.



Use a calming strategy.



Talk to someone.



Believe in yourself.



Think positive thoughts.

## Feeling overwhelmed with the amount of school work.



Use a calming strategy.



Practice Self-care.



Have fun, take time to unwind.



Make a To-do list

## Performing in front of the school.



Use a calming strategy.



Be prepared.



Believe in yourself.



Think positive thoughts.

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

# Solving School STRESSORS

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

## Losing your materials.



Use a calming strategy.



Be prepared.



Ask for help.



Think positive thoughts.

## Forgetting to do your homework.



Use a calming strategy.



Be prepared.



Make a To-do list.



Think positive thoughts.

## Forgetting you had something due.



Use a calming strategy.



Be prepared.



Make a To-do list



Think positive thoughts.

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

# Solving School STRESSORS

Here are some ways to help cope with these School Stressors.  
Color in the one (or more) that you would use.

The big state test is coming up.



Use a calming strategy.



Be prepared.



Make your best effort.



Believe in yourself.

There's a test today that you did not study much for.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Big project due tomorrow that you have not started.



Use a calming strategy.



Make your best effort.



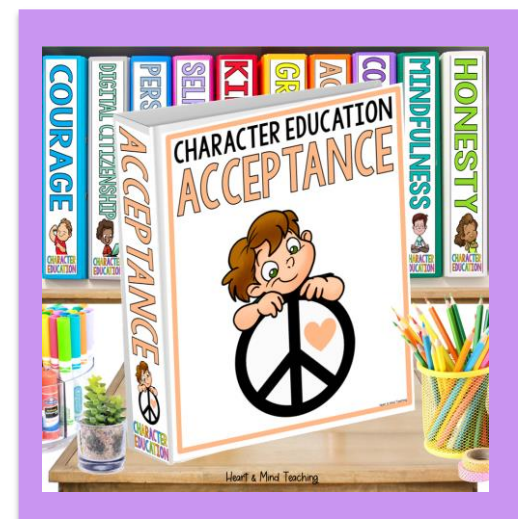
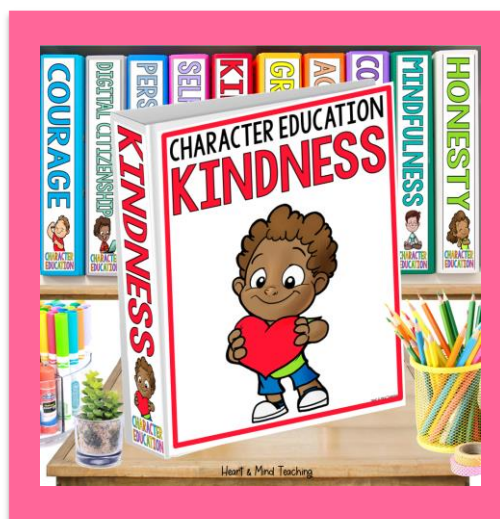
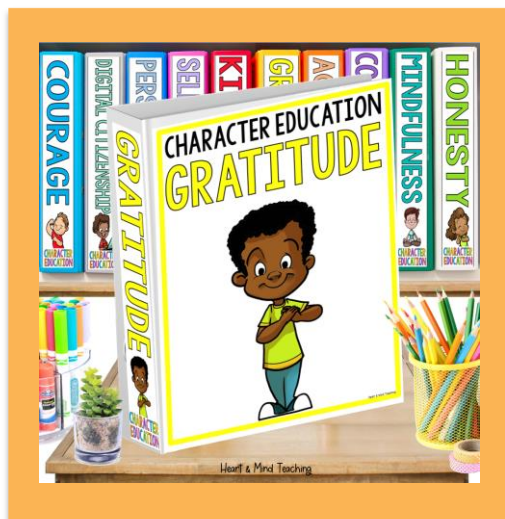
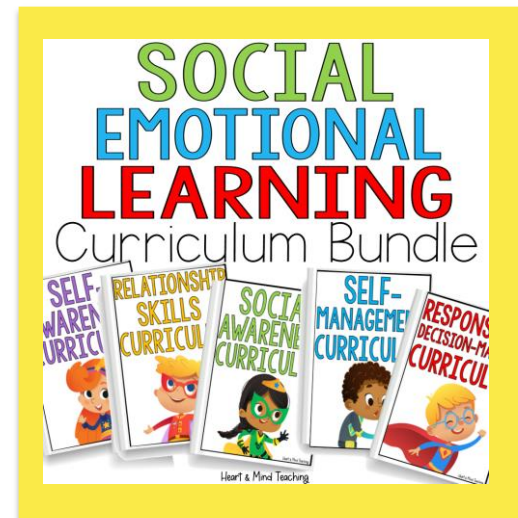
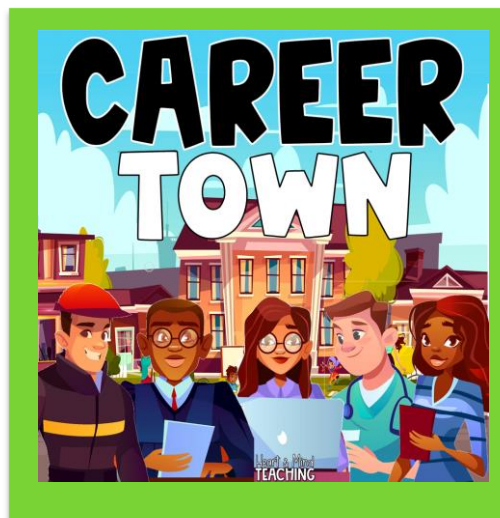
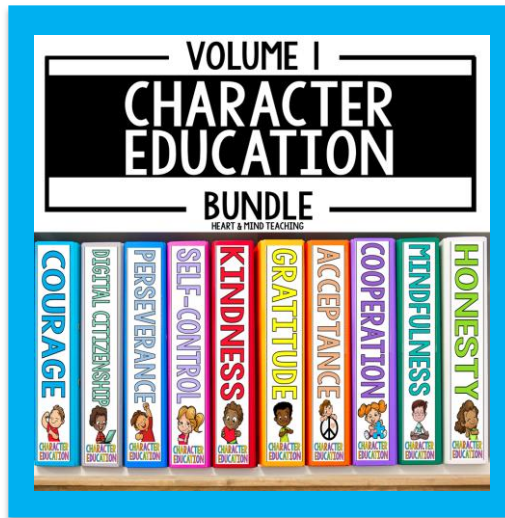
Ask for help.



Make a To-do list.

# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



## COUNSELOR Collab

with Laura & Ashley



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!

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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.

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