

SMALL GROUP
Counseling 

STRESS MANAGEMENT CURRICULUM

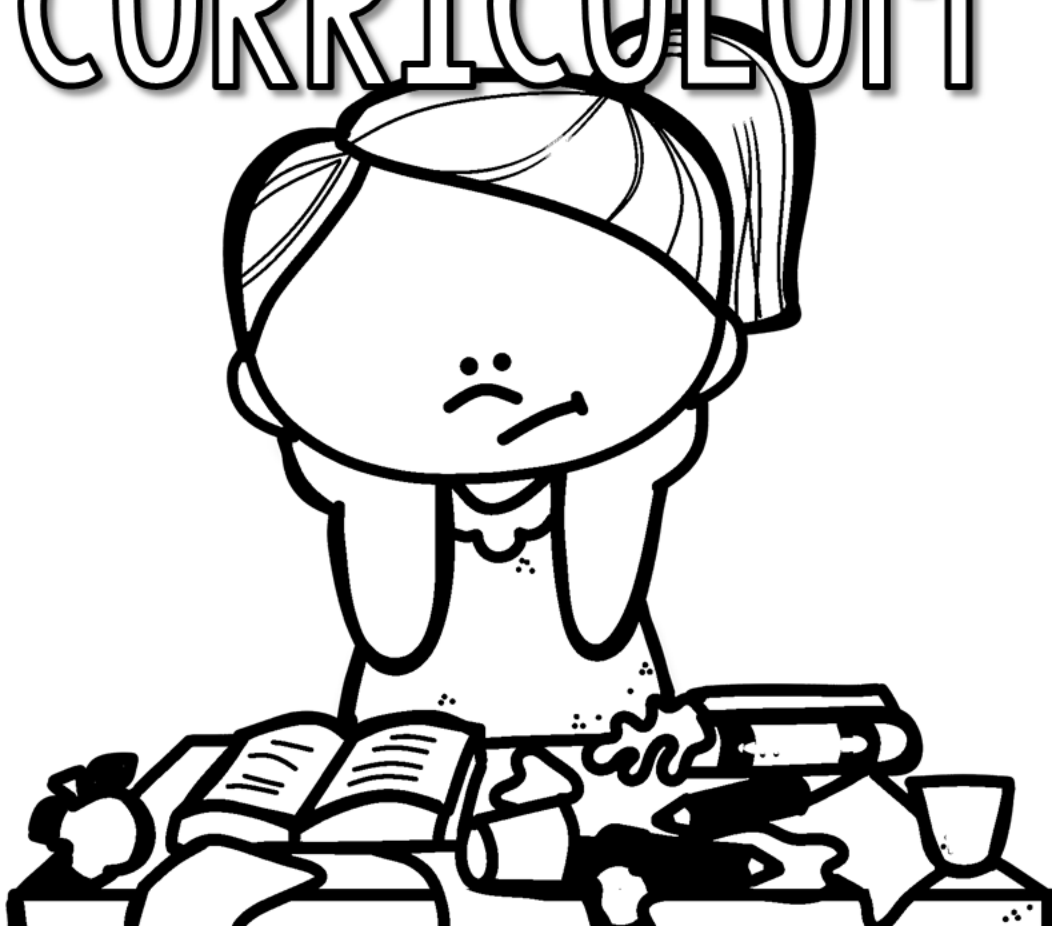


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Counseling 
STRESS



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ASCA MINDSETS & BEHAVIORS AND SEL COMPETENCIES ADDRESSED

SMALL GROUP
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ASCA Mindset Standards

*Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

*Sense of belonging in the school environment. (M 3)

ASCA Behavior Standards

Self-Management Skills

*Responsibility for self and actions. (B-SMS 1)

*Demonstrate self-discipline and self-control. (B-SMS 2)

*Demonstrate ability to overcome barriers to learning (B-SMS 6)

*Demonstrate effective coping skills when faced with a problem. (B-SMS 7)

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

*Ability to manage transitions and adapt to change. (B-SMS 10)

Social Skills

*Positive, respectful, and supportive relationships with students who are similar to and different from them. (B-SS 2)

*Positive relationships with adults to support success. (B-SS 3)

*Use effective collaboration and cooperation skills. (B-SS 6)

*Leadership and teamwork skills to work effectively in diverse groups. (B-SS 7)

CASEL (Social-emotional Learning) Standards

Self-management

*Self-discipline

*Impulse control

*Stress Management

Relationship skills

*Communication

*Social Engagement

*Relationship-building

*Teamwork

Self-awareness

*Recognizing strengths

Social-awareness

*Appreciating Diversity

*Respect for others

Responsible decision-making

*Analyzing situations

*Solving problems

*Evaluating

GROUP COUNSELING REFERRAL

SMALL GROUP
Counseling 
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Small group counseling sessions will begin soon. Groups meet _____ for _____ minutes, for approximately _____ sessions during school hours. Please speak with the parent/guardian prior to making a recommendation to participate in a group. Explain that students benefit from social emotional learning, make friends in the group, and enjoy attending. Once I receive this paper, consent forms will be sent home. Please return them to _____.

Group Type: *Stress Management- Using coping skills to manage stress.

Teacher: _____

Grade: _____

STUDENT NAME	Times if student is pulled for ESE/Speech	Comments about student area of need

GROUP COUNSELING REFERRAL

SMALL GROUP
Counseling 
STRESS



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Group Type: *Stress Management- Using coping skills to manage stress.

Teacher: _____

Grade: _____

STUDENT NAME	Times if student is pulled for ESE/Speech	Comments about student area of need

PARENT CONSENT

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Dear Parent/Guardian:

At _____, we offer small counseling groups to interested students. Small group counseling is a unique educational experience in which students work together to explore their ideas, attitudes, feelings and behaviors, especially as related to personal development and progress in school. Small group counseling teaches life skills and strategies to students that enhance their ability to succeed academically and socially as well as cope with stressful situations. Listed below are the types of groups offered and the one that was suggested to be beneficial for your child:

*Stress Management- Using coping skills to manage stress.

Students participating in small group counseling have been parent referred, teacher/ staff referred, or self-referred. Groups will meet for _____, _____, during school hours for approximately ____ weeks, starting _____. Please return this form as soon as possible as there are a limited number of spaces available.

Sincerely,

Parent Consent for Small Group Counseling Participation

Student's Name: _____ Grade: _____

Teacher: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

CONSENTIMIENTO DE LOS PADRES

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Estimado Padre / Tutor:

En _____, ofrecemos pequeños grupos de asesoramiento a los estudiantes interesados. Consejería de grupo pequeño es una experiencia educativa única en la que los estudiantes trabajan juntos para explorar sus ideas, actitudes, sentimientos y comportamientos, especialmente en lo relacionado con el desarrollo personal y el progreso académico. Consejería en grupos pequeños enseña habilidades para la vida y estrategias para los estudiantes que mejoran su capacidad de tener éxito académico y social, así como hacer frente a situaciones de estrés. A continuación se enumeran los tipos de grupos que se ofrecen y el que sería beneficioso para su hijo:

_____ Manejo del estrés: utilizar habilidades de afrontamiento para controlar el estrés.

Los estudiantes que participan en los grupos pequeños han sido referidos por sus padres, maestro, o auto referido. El grupo pequeño se reunirán durante _____, durante el horario escolar durante aproximadamente _____ semanas a partir de _____.

Por favor envíe este formulario tan pronto sea posible, ya que hay un número limitado de plazas disponibles. Si tiene alguna pregunta, por favor de comunicarse directamente con _____ al _____.

Atentamente,

Consentimiento de los Padres para Grupo Pequeño Participación Consejería

Nombre del Estudiante: _____ Grado: _____

Maestro: _____ Fecha: _____

Nombre del Padre / Tutor: _____

Firma del Padre / tutor: _____

DESK REMINDERS

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Fill out, cut out, and tape to student's desk.

Our group
meets on _____
at _____

Our group
meets on _____
at _____

Our group
meets on _____
at _____

Our group
meets on _____
at _____

Our group
meets on _____
at _____



Our group
meets on _____
at _____

ATTENDANCE

SMALL GROUP
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STRESS



DATE 								
NAME 								

PRE SURVEY

This is how I am doing BEFORE group



Always



Sometimes



Hardly



Never

I know where stress comes from in my body.				
I can recognize signs when my body is stressed.				
I can identify school stressors.				
I can identify home stressors.				
I can identify social stressors.				
I can identify testing stressors.				
I know what coping skills work best for me and use them when stressed.				
I know how to use mindfulness strategies.				

POST SURVEY

This is how I am doing AFTER group



Always



Sometimes



Hardly



Never

I know where stress comes from in my body.				
I can recognize signs when my body is stressed.				
I can identify school stressors.				
I can identify home stressors.				
I can identify social stressors.				
I can identify testing stressors.				
I know what coping skills work best for me and use them when stressed.				
I know how to use mindfulness strategies.				



PASS TO SEE THE COUNSELOR

Valid every _____ at _____

Student Name: _____

Teacher: _____

Signed: _____



PASS TO SEE THE SOCIAL WORKER

Valid every _____ at _____

Student Name: _____

Teacher: _____

Signed: _____



PASS TO SEE THE PSYCHOLOGIST

Valid every _____ at _____

Student Name: _____

Teacher: _____

Signed: _____



HALL PASS FOR GROUP COUNSELING

Valid every _____ at _____

Student Name: _____

Teacher: _____

Signed: _____

WHAT YOU SAY

in here

STAYS

in here

Unless:

SOMEONE IS HURTING YOU.

YOU WANT TO HURT SOMEONE.

YOU WANT TO HURT YOURSELF.

SESSION I

Icebreaker & Rules

SMALL GROUP Counseling

STRESS



Session Objective:

- *Students will participate in an icebreaker activity and answer personal questions.
- *Students will work collaboratively to identify and create group rules.

Materials:

- *Break the Ice Printouts.
- *Pencils.

Guiding Questions:

- *What are some interesting things about you that make you unique?
- *What is something you learned about someone else in the group?
- *What are some of our similarities and differences?

Session Details (about 30 min):

*Counselor will welcome students to the group. "Welcome to the group everyone, we are all here to learn all about stress management. Managing stress are vital skills we need to be successful in school and in life. Did you know that even adults struggle with managing stress? That is why it is such an important topic because learning more about beneficial skills, like coping skills, can teach you more about yourself, and how you can get through obstacles that come your way. We are going to work together to learn ways to improve our own stress management skills."

*Icebreaker Activity: "Let's do an activity to get to know each other better, I will participate too so you can get to know me." Pass out the icebreaker handout. "Let's break the ice and get to know each other by finding out what we have in common." Once completed, ask them to go around and share what they wrote. Point out anything the students have in common. Ask engaging questions to have the students elaborate on what they wrote.

*Creating Group Rules: "Now that we have got to know each other, let's create some group rules together. Raise your hand if you can think of a rule that would help our group go smoothly." Guide the discussion to include being respectful of others, taking turns to speak, and confidentiality. Use the included "what happens here stays here" poster to review confidentiality. Have students complete the pre-survey. Tell them to be honest and that it's just for you to know what they want to work on.

ASCA Standards Alignment:

- *Mindset: Sense of belonging in the school environment. (M 3)
- *Behavior: Social Skills: Positive, respectful, and supportive relationships with students who are similar to and different from them. (B-SS 2)
- *Behavior: Social Skills: Positive relationships with adults to support success. (B-SS 3)
- *Behavior: Social Skills: Use effective collaboration and cooperation skills. (B-SS 6)

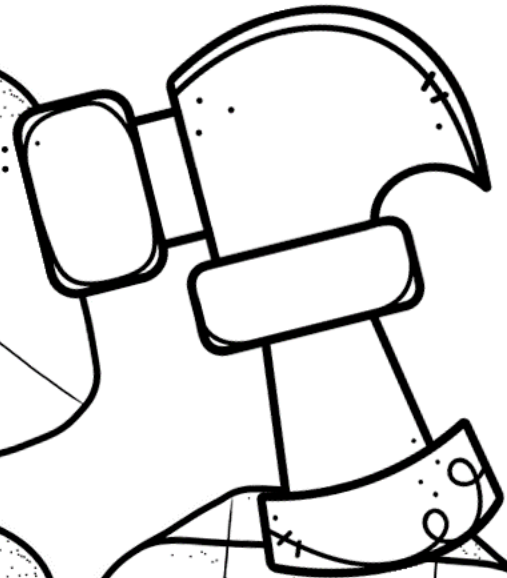
SEL Competencies:

- *Self-awareness: recognizing strengths.
- *Relationship skills: relationship building, communication, social engagement, teamwork.
- *Social-awareness: Respect for others, appreciating diversity.

BREAK THE ICE

Favorite thing to do:

Favorite movie:



Something unique
about you:

Important person in
your life:

Favorite TV show:

Favorite game:

Favorite sport:

Favorite singer:

Favorite food:

Favorite book:

Favorite pet (or
one you wish you had):

GROUP RULES

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Our group has agreed upon the
following rules:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

SESSION 2

All About Stress

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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.

Activity Details:

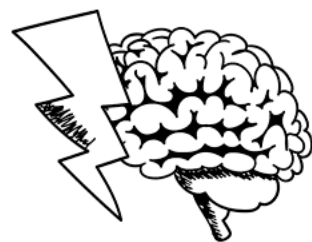
*"Welcome back to the group, who can remember what our group rules were from last session? (Review the rules). Awesome, last time we learned a bit about each other and talked about stress. Today, we are going to go even deeper and find out what stress is and where it comes from. Give each student their 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. Thank the students for a great session and tell them next session they will be learning more about what triggers our stress."



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.

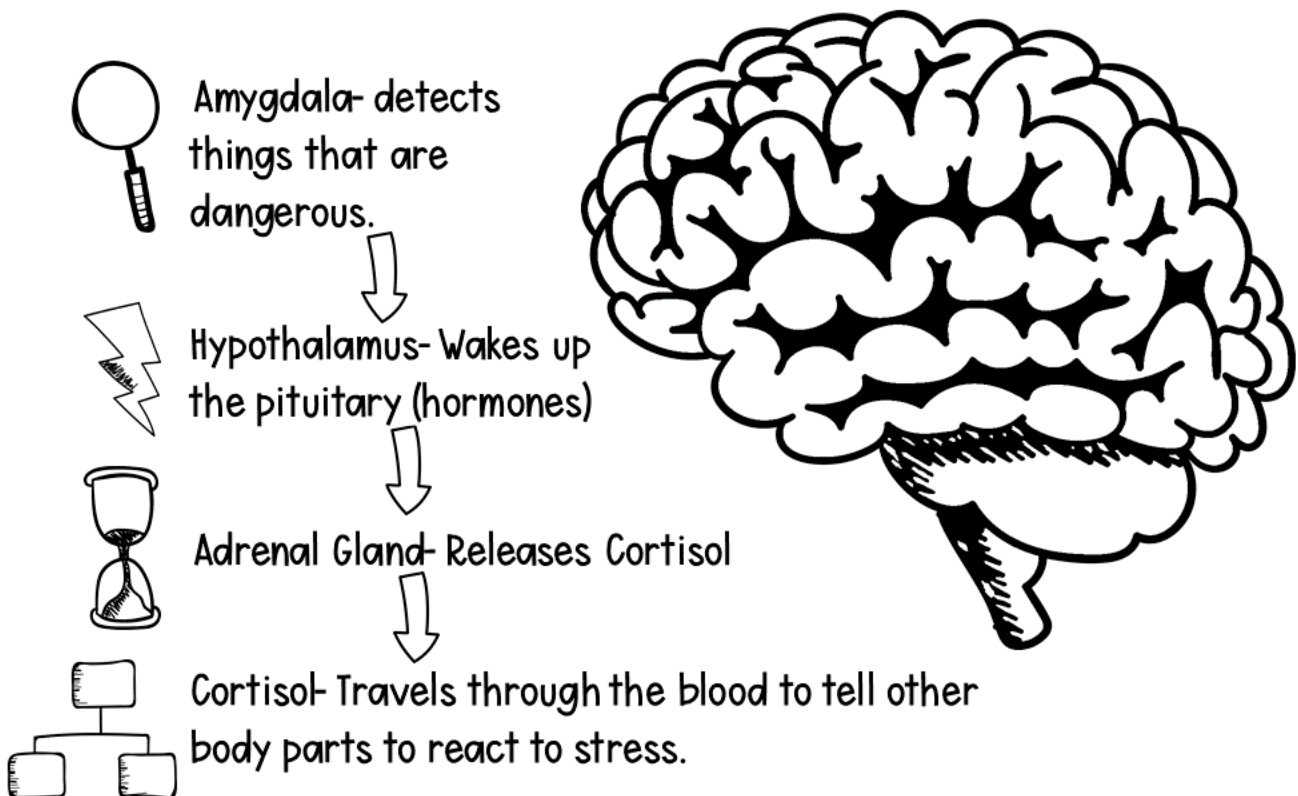
Kid & Parent Tips.....18-19.

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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

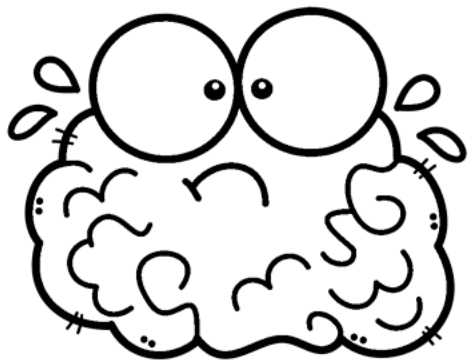


Positive Stress (Eustress)

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

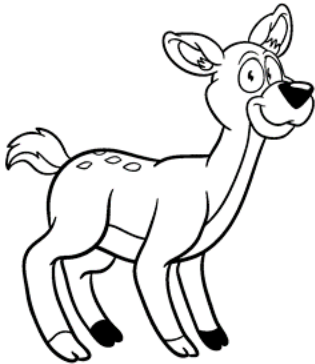
Write it

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

SESSION 3

School Stressors

SMALL GROUP
Counseling 
STRESS



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?

Activity Details:

*Welcome the students back to the group and quickly review group rules. Last week we learned about what stress is and where it comes from. This week we are going to look at what causes stress. One area that commonly is a stressor for kids is school. 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. Now that we know about this stressor, next session we will learn about home stressors."

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.

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.

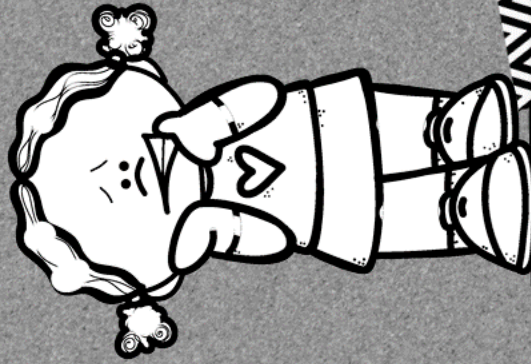


Have fun, take time to unwind.

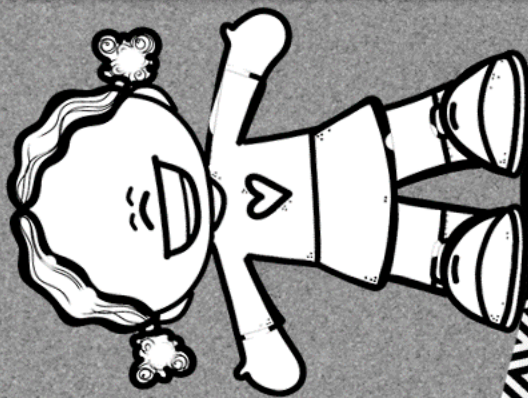


Get good sleep.
& eat healthy.

School STRESSORS



STRESSOR



NOT A
STRESSOR

Not being able to do the work.



Going to the next grade level.



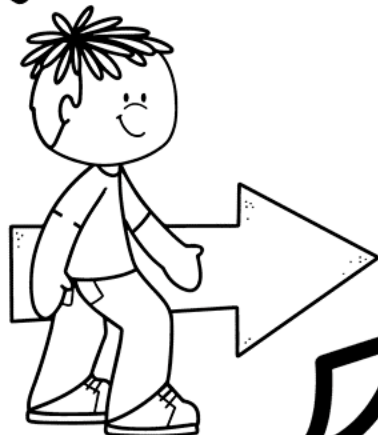
Getting called on in class.



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.



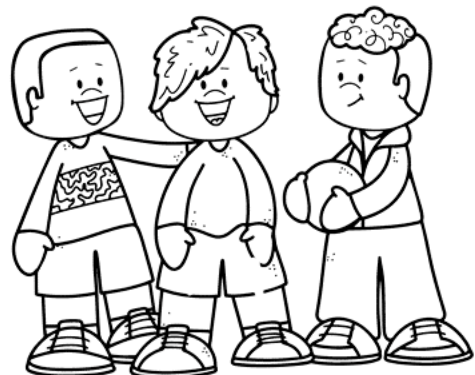
Staying on task.



Finishing your work
on time.



Problems with friends.



Showing self-control.



Being responsible.



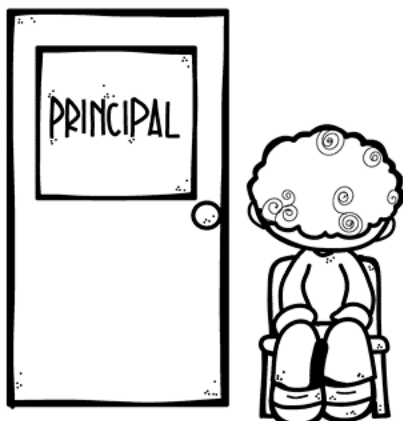
Working in groups.



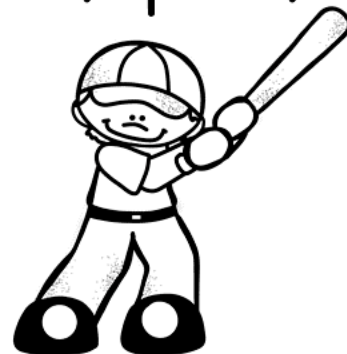
Staying organized.



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.



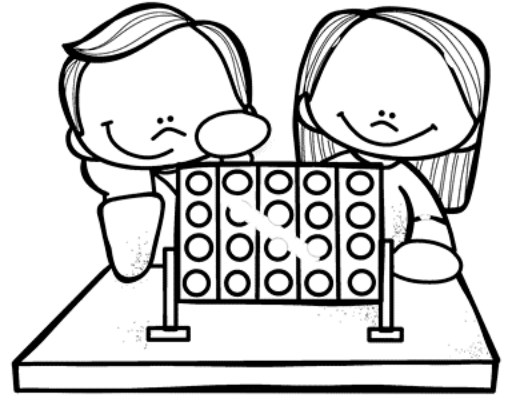
Not making the team.



Not being picked at recess
for the game.



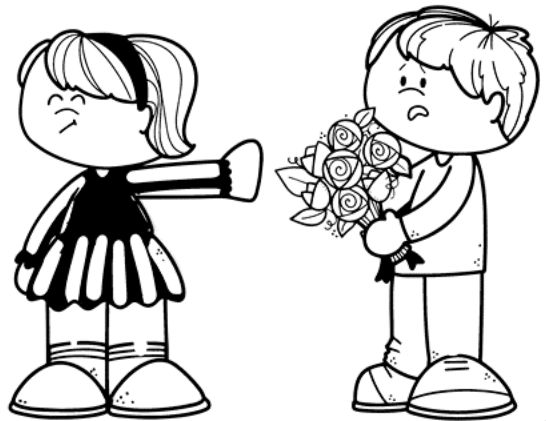
Losing a game.



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.



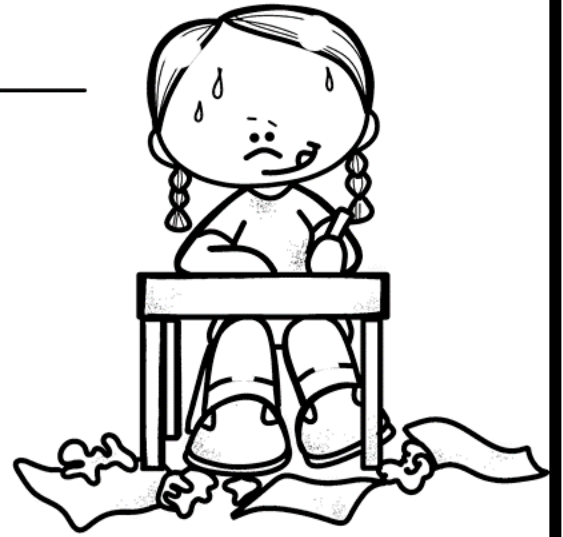
Big project due tomorrow
that you
have not
started.



Name: _____

My School STRESSORS

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



School Stressor #1:

A large empty rectangular box with a thick black border. Each of the four corners is reinforced with a smaller triangle, creating a frame-like structure for drawing or writing.

School Stressor #2:

A large empty rectangular box with a thick black border. Each of the four corners is reinforced with a smaller triangle, creating a frame-like structure for drawing or writing.

School Stressor #3:

A large empty rectangular box with a thick black border. Each of the four corners is reinforced with a smaller triangle, creating a frame-like structure for drawing or writing.

School Stressor #4:

A large empty rectangular box with a thick black border. Each of the four corners is reinforced with a smaller triangle, creating a frame-like structure 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.



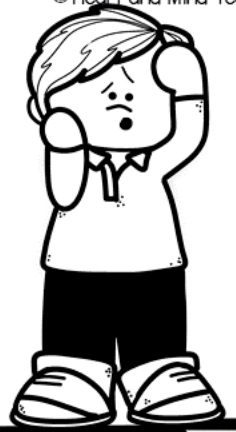
Have fun, take time to unwind.



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.

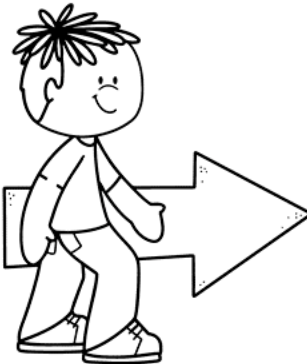
Changing classes or schools.



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

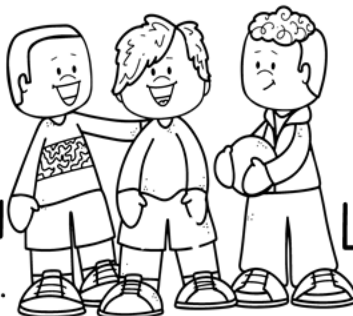
Problems with friends.



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.

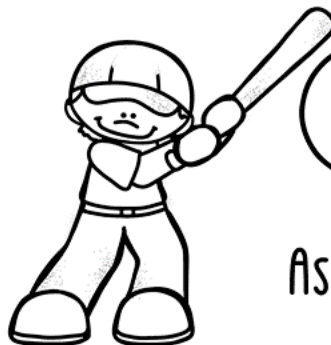
Lots of commitments (school, sports, clubs).



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.

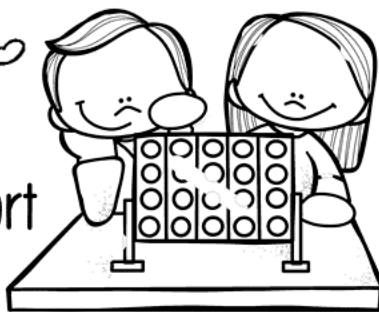
Losing a game.



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.

SESSION 4

Home Stressors

SMALL GROUP
Counseling 
STRESS



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 home stressors 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 (about 30 min):

*Welcome students back to the group, review group rules. Say "We learned about school stressors last session, today we are learning about home stressors. 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. Thank students, tell them next week they will learn about social stressors.

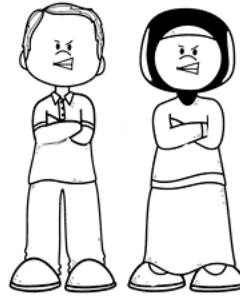
Home STRESSORS



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.

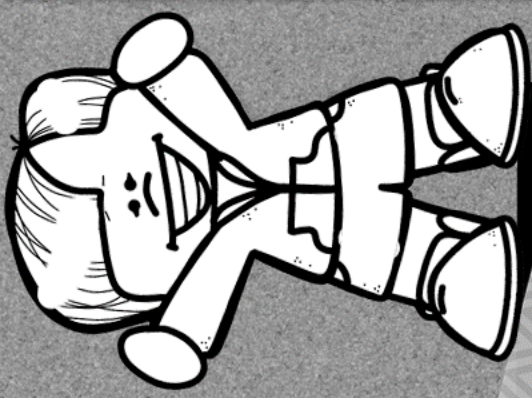


Focus on what you can control.

Home STRESSORS



STRESSOR



NOT A
STRESSOR

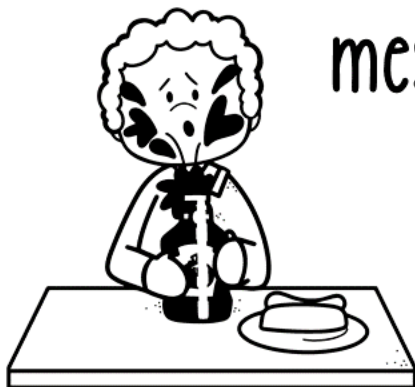
Breaking
something.



Disaster happening.



Making a
mess.



Making a
mistake.



Burning
something.



Staying in touch with
friends.



Doing your chores.



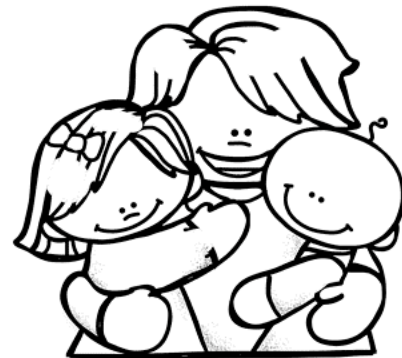
Managing after school commitments (sports, clubs).



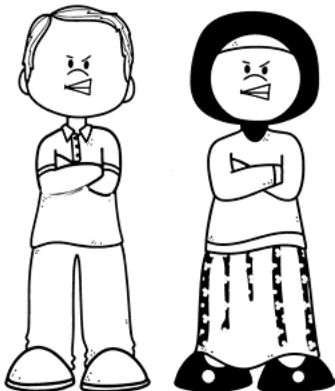
Spending time with extended family.



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.



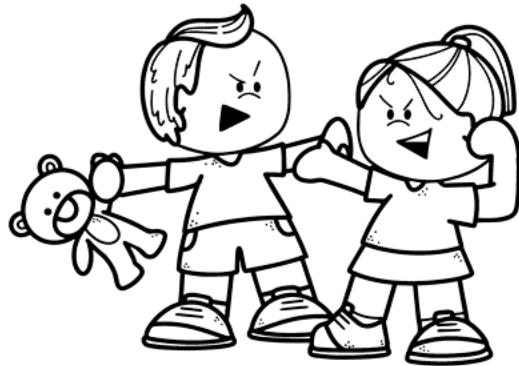
Parent working a lot.



New baby.



Sharing with siblings.



Parent deployed.



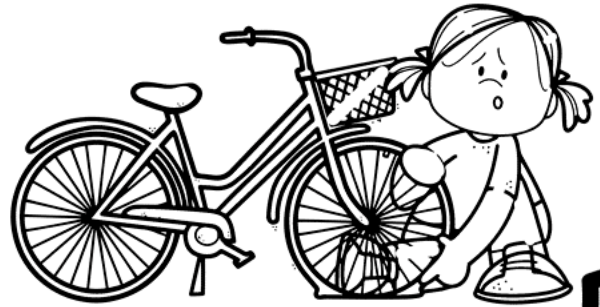
Splitting your time between family, friends, and commitments.



Messy room.



Broken item/toy.



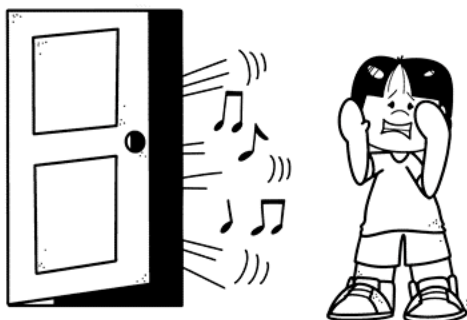
Broken down car.



Taking care of pets.



Noisy/distracting environment.



Step-parents/Step-siblings.



Moving.



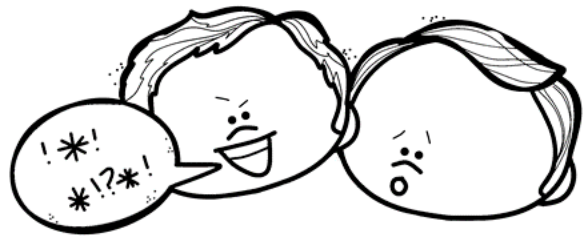
Getting enough sleep.



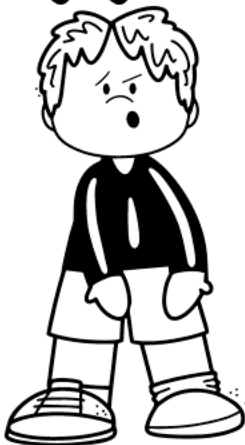
Sharing a room.



Arguing with parents.



Losing your stuff.



Waking up on time.



Money problems.



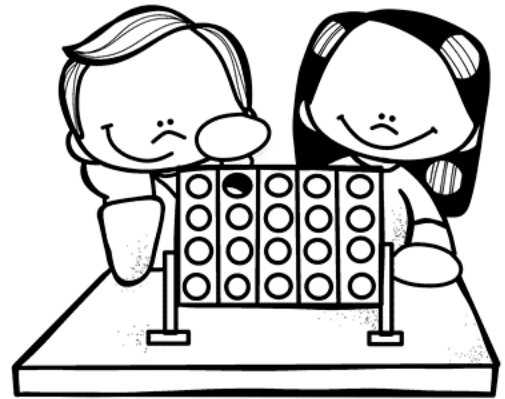
Family problems.



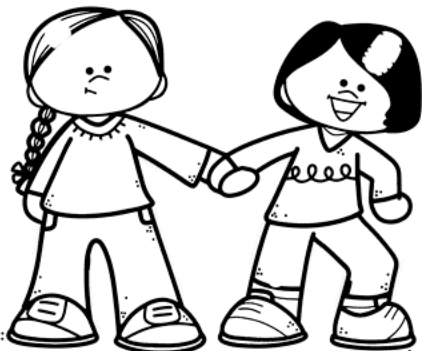
Making friends in your neighborhood.



Losing a game to a sibling.



Being bossed around by siblings.



Not having the cool stuff that everyone else has.



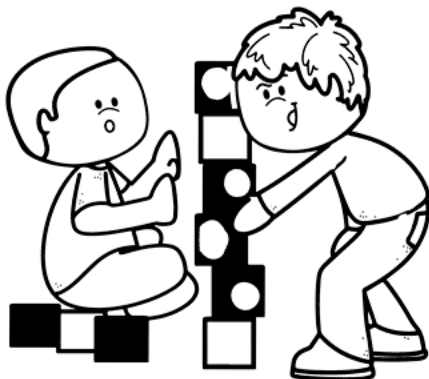
Cyberbullying.



Parents not listening to you.



Siblings taking something that belongs to you.



Screen time.



Arguing with siblings.



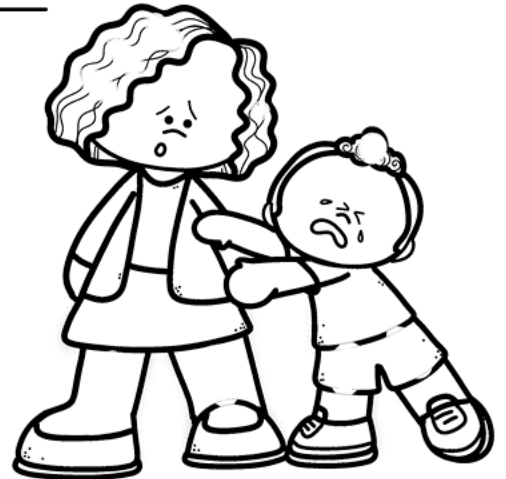
Not meeting your parents expectations.



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. Each of the four corners is reinforced with a triangular piece, creating a frame-like structure.A large empty rectangular box with a thick black border. Each of the four corners is reinforced with a triangular piece, creating a frame-like structure.

Home Stressor #3:

Home Stressor #4:

A large empty rectangular box with a thick black border. Each of the four corners is reinforced with a triangular piece, creating a frame-like structure.A large empty rectangular box with a thick black border. Each of the four corners is reinforced with a triangular piece, creating a frame-like structure.

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.

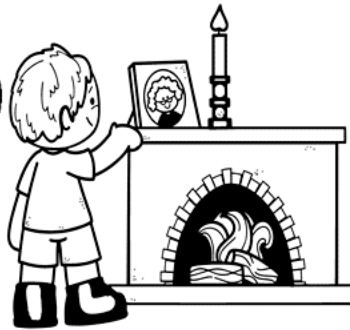
Losing a loved one.



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.

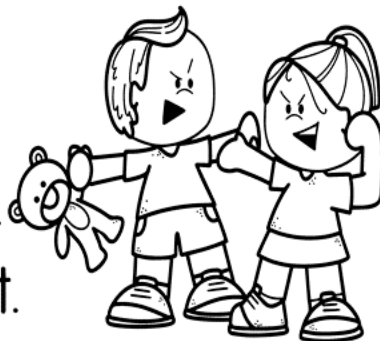
Sharing with siblings.



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.

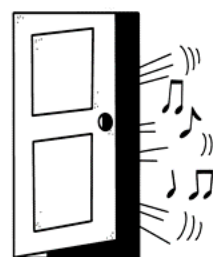
Noisy/distracting environment.



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.

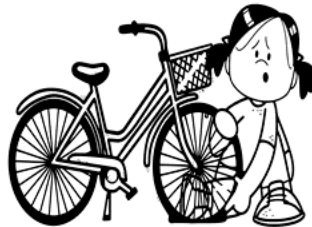
Broken item/toy.



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.

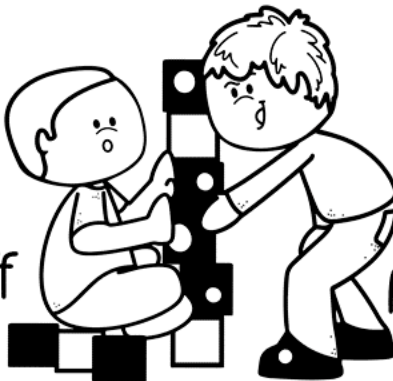
Siblings taking something that belongs to you.



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.

SESSION 5

Social Stressors

SMALL GROUP
Counseling 
STRESS

Session Objective:

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

Materials:

*Handouts, scissors, pencils.

Guiding Questions:

*What are some social stressors?

*What are ways to cope with stressors?

*How can social stressors 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)

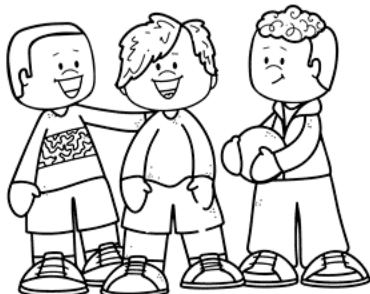
SEL Competencies:

*Self-Management: Stress Management.

Activity Details:

*Welcome students back to the group, review group rules. Say "We are continuing to learn about stress and the stressors in our life, the next one we are discussing is social stressors. Today we are going to be learning about social stressors that impact our life. Stress can come from many different areas, like school or home, your social 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 social stressors." Show the social stressors poster on page 4. "Let's sort through some different social 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 social 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. Thank them for participating, inform them next week they will be learning about testing stressors.

Social STRESSORS



Making
Friends



Keeping
Friends



Bullying



Being made
fun of.



Being
popular



Peer
pressure



Meeting new
people



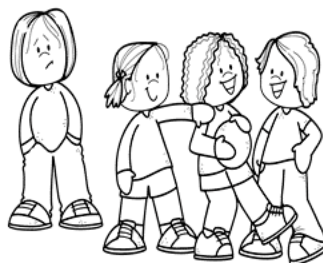
Fitting in



Social
Media



Sharing/
Taking Turns.



Being
included



Getting along
with others.

Coping with Social **STRESSORS**



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Think positive thoughts.



Laugh it off



Forgive



Practice Gratitude



Take a short break.



Make a plan.



Write in a journal.



Make your best effort.



Connect with others.



Believe in yourself.

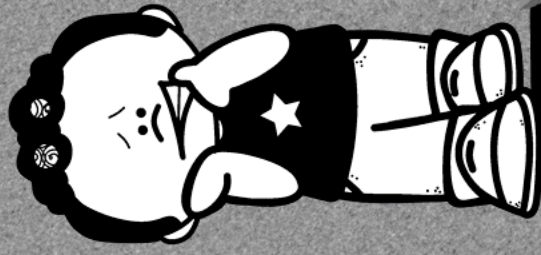


Get to know someone new.

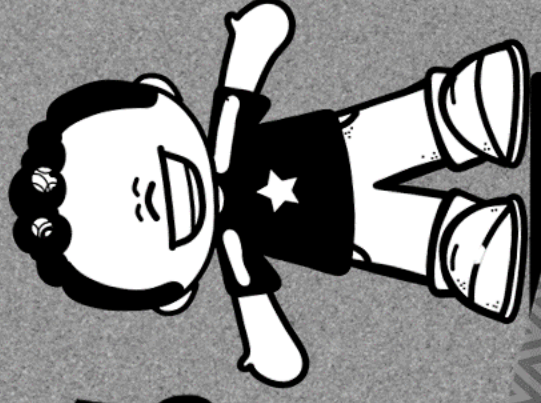


Compromise

💬 Social STRESSORS

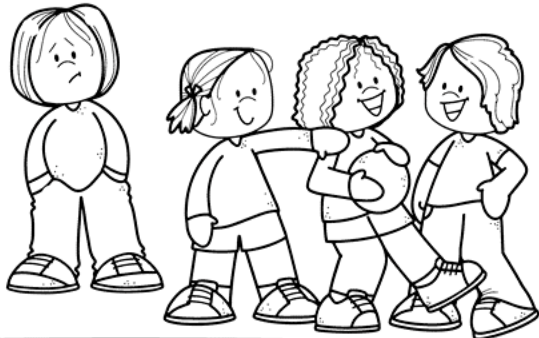


STRESSOR



NOT A
STRESSOR

Not being included.



Being laughed at.



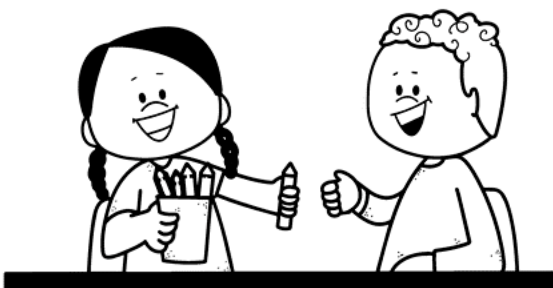
Staying in touch when a friend moves away.



Not having many friends.



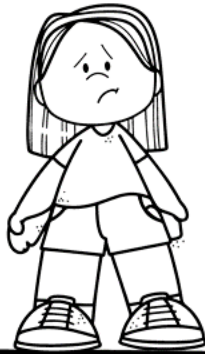
Sharing/Taking turns.



Bullying.



Others having things
you don't have.



Embarrassing
yourself.



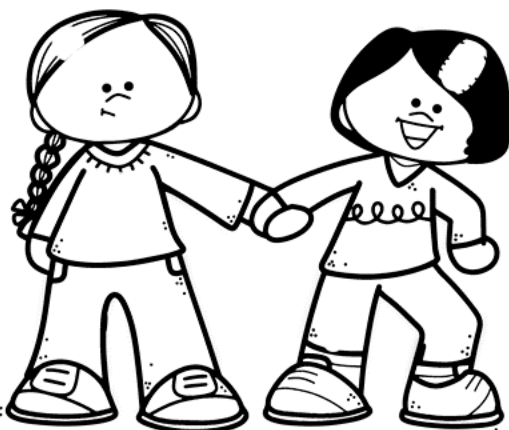
Someone being
mean to you online.



Worrying about what
people think of you.



Being bossed around.



Feeling left out.



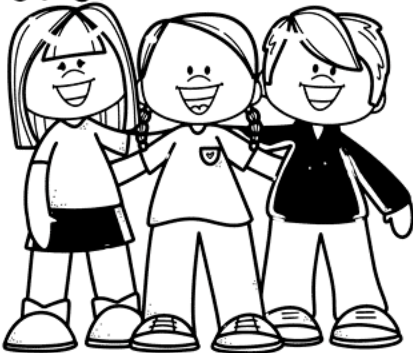
Someone tattling on
you.



Someone making
fun of
you.



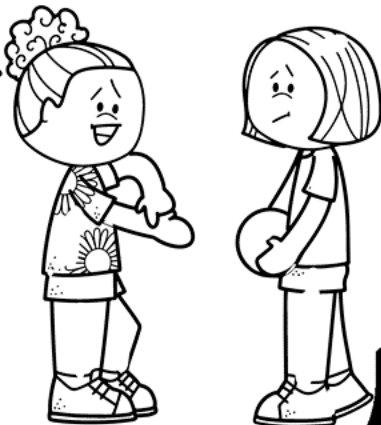
Getting along with
others.



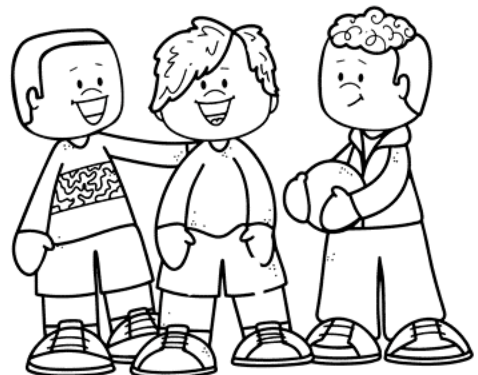
Gossip or Rumors.



A friend breaking a
promise.



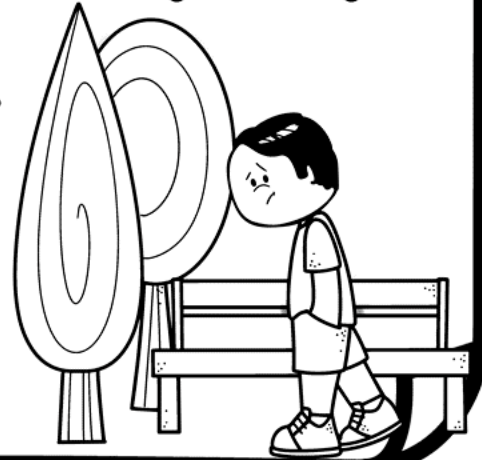
Problems with friends.



A friend telling your secrets.



Being betrayed by a friend.



Working in groups.



Losing a friend.



Talking to others.



Making a friend.



Someone being mean to you.



Someone not listening to you.



Meeting new people.



Feeling pressured to make friends.



Peer pressure.



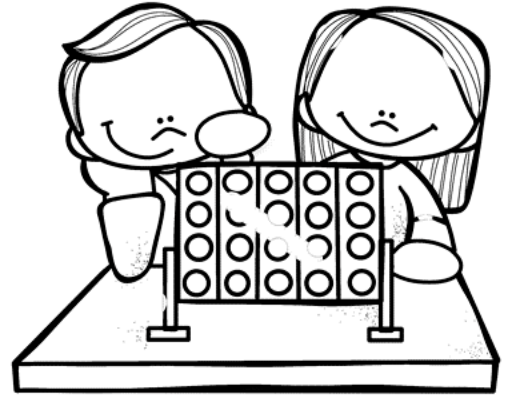
Not making the team.



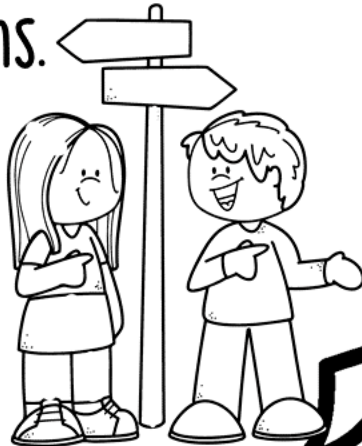
Not being picked at recess
for the game.



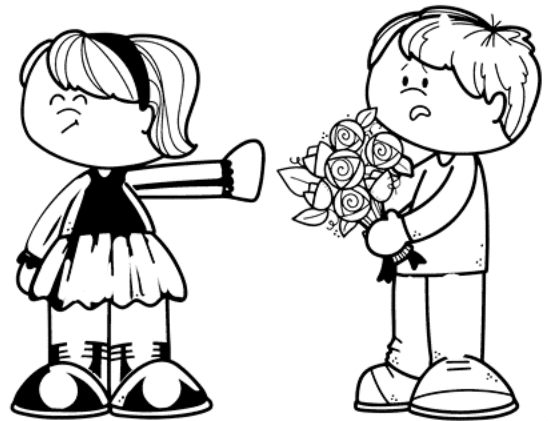
Losing a game.



Asking for directions or
instructions.



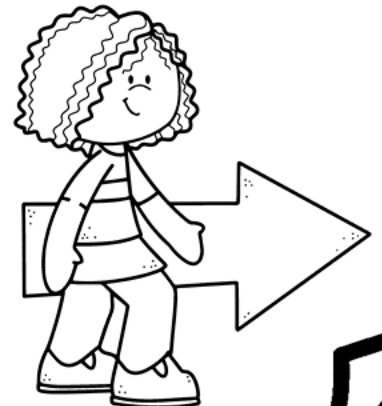
Someone rejecting you.



Someone not wanting
to be your friend.



Changing schools or
classes.



Having no one to sit
with at
lunch.



No one asking to play
with you.



Not being allowed to do
something your friends are
doing.



Social media.



Being accepted by
others.



Fitting in.



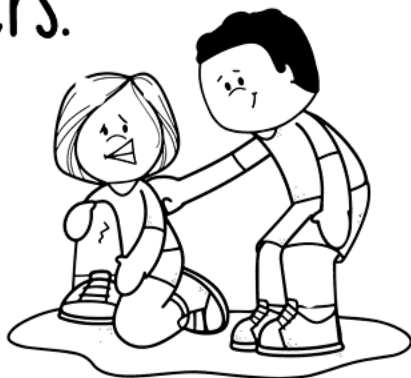
Being in the cool crowd.



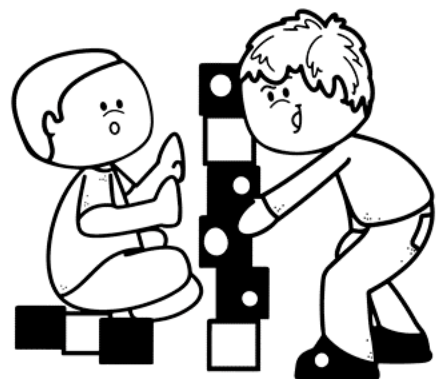
Looking weird to others.



Needing help from others.



Someone taking something that belongs to you.



Arguing with someone.



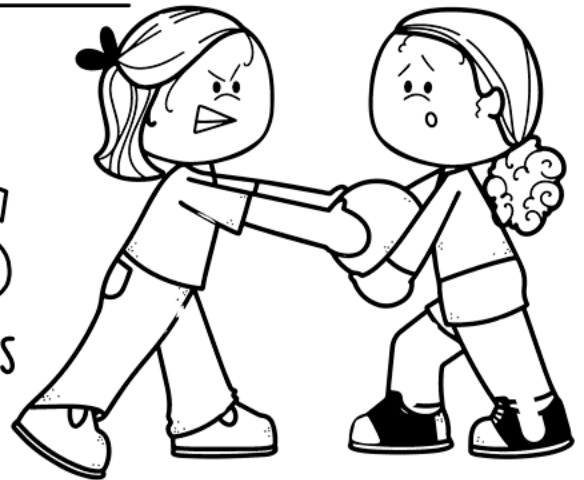
Getting into a fight.



Name: _____

My Social STRESSORS

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



Social Stressor #1:

Social Stressor #2:

Social Stressor #3:

Social Stressor #4:

Name: _____

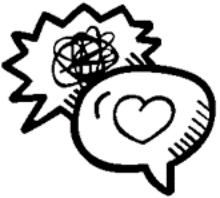


My Social STRESSORS

Social 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



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____



My Social STRESSORS

Social 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



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____

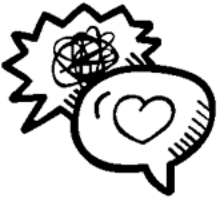
My Social STRESSORS



Social 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



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____

My Social STRESSORS



Social 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



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____

Solving Social STRESSORS

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

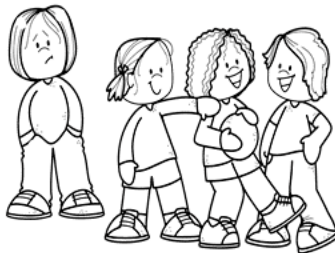
Not being included.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Staying in touch when a friend moves away.



Use a calming strategy.



Make your best effort.



Make a plan.



Think positive thoughts.

Sharing/Taking turns.



Use a calming strategy.



Compromise



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

Being laughed at.



Use a calming strategy.



Believe in yourself.



Laugh it off



Think positive thoughts.

Not having many friends.



Get to know someone new.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

Bullying.



Use a calming strategy.



Write in a journal.



Ask for help.



Talk to a trusted person about it.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social 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.

Someone being mean to you online.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Write in a journal.

Being bossed around.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

Embarrassing yourself.



Use a calming strategy.



Laugh it off



Write in a journal.



Think positive thoughts.

Worrying about what people think of you.



Believe in yourself.



Talk to a trusted person about it.



Write in a journal.



Think positive thoughts.

Feeling left out.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

Someone tattling on you.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

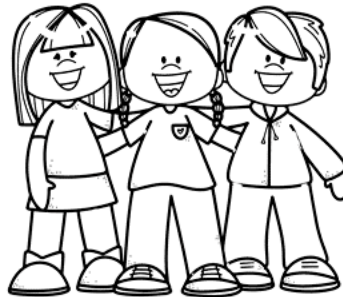
Getting along with others.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

A friend breaking a promise.



Use a calming strategy.



Connect with others.



Forgive



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

Someone making fun of you.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Think positive thoughts.

Gossip or Rumors.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

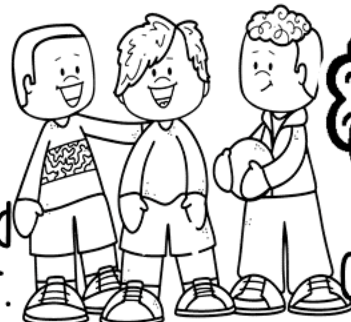
Problems with friends.



Use a calming strategy.



Talk to a trusted person about it.



Compromise



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

A friend telling your secrets.



Use a calming strategy.



Connect with others.



Forgive



Think positive thoughts.

Working in groups.



Use a calming strategy.



Get to know someone new.



Make a plan.



Think positive thoughts.

Talking to others.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

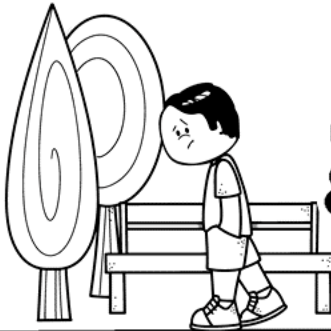
Being betrayed by a friend.



Use a calming strategy.



Talk to a trusted person about it.



Forgive



Think positive thoughts.

Losing a friend.



Use a calming strategy.



Talk to a trusted person about it.



Connect with others.



Think positive thoughts.

Making a friend.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

Someone being mean to you.



Use a calming strategy.



Forgive



Ask for help.



Think positive thoughts.

Meeting new people.



Use a calming strategy.



Make a plan.



Believe in yourself.



Think positive thoughts.

Peer pressure.



Use a calming strategy.



Believe in yourself.



Talk to a trusted person about it.



Make a plan.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social 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.



Ask for help.



Think positive thoughts.

Feeling pressured to make friends.



Use a calming strategy.



Talk to a trusted person about it.



Get to know someone new.



Think positive thoughts.

Not making the team.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

Not being picked at recess for the game.



Use a calming strategy.



Believe in yourself.



Practice Gratitude



Think positive thoughts.

Asking for directions or instructions.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

Someone not wanting to be your friend.



Use a calming strategy.



Get to know someone new.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

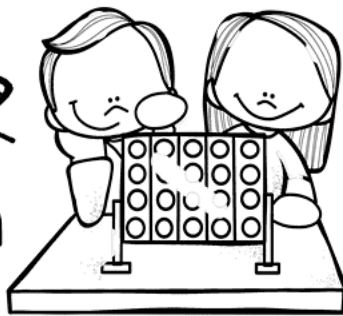
Losing a game.



Use a calming strategy.



Believe in yourself.



Forgive



Think positive thoughts.

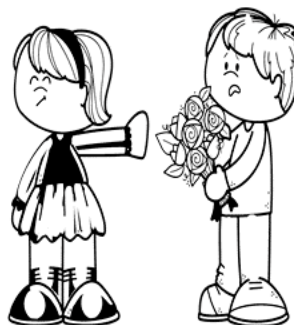
Someone rejecting you.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

Changing schools or classes.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

Having no one to sit with at lunch.



Use a calming strategy.



Believe in yourself.



Get to know someone new.



Think positive thoughts.



Not being allowed to do something your friends are doing.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude

Think positive thoughts.



Being accepted by others.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

No one asking to play with you.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Social media.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Think positive thoughts.

Fitting in.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

Being in the cool crowd.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

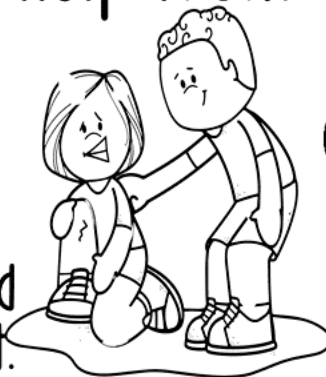
Needing help from others.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

Arguing with someone.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

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

Looking weird to others.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

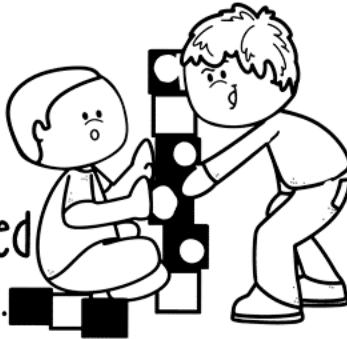
Someone taking something that belongs to you.



Use a calming strategy.



Talk to a trusted person about it.



Forgive



Think positive thoughts.

Getting into a fight.



Use a calming strategy.



Take a short break.



Talk to a trusted person about it.



Think positive thoughts.

SESSION 6

Testing Stressors



SMALL GROUP
Counseling 
STRESS

Session Objective:

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

Materials:

*Handouts, scissors, pencils.

Guiding Questions:

*What are some testing stressors?

*What are ways to cope with stressors?

*How can testing stressors 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)

SEL Competencies:

*Self-Management: Stress Management.

Activity Details:

*Welcome the students back to the group and quickly review group rules.

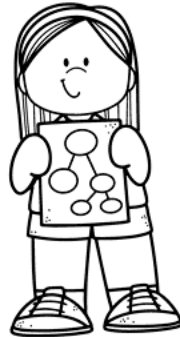
Say "We have been learning about different life stressors such as school, home and social stressors. Today we are going to be learning about testing stressors that impact our life. Stress can come from many different areas, like your social life or at home, testing can also cause stress and worry. Stress 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 testing stressors." Show the testing stressors poster on page 4. "Let's sort through some different testing 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 testing 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. "You all are becoming stress management superstars, next week we are going to learn all about coping skills. I hope you like shopping."



Testing STRESSORS



Having
enough time



Remembering
everything



Being
hungry/tired



Negative
Thinking



Disappointing
others



Too
difficult



Being
overwhelmed



Failing



Comparing
yourself
to others



Overthinking



Difficulty
Concentrating



Missing the
test

Coping with Testing **STRESSORS**



Talk to a trusted person about it.



Be prepared.



Use a calming strategy.



Stay focused.



Think positive thoughts.



Believe in yourself.



Manage your time



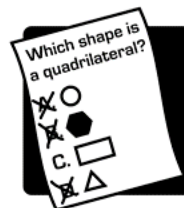
Make your best effort.



Take a short break.



Look for key words.



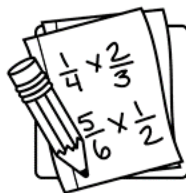
Cross out wrong answers.



Check your answers.



Read the directions
carefully.



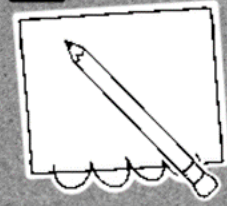
Show your work.



Eat a healthy breakfast.



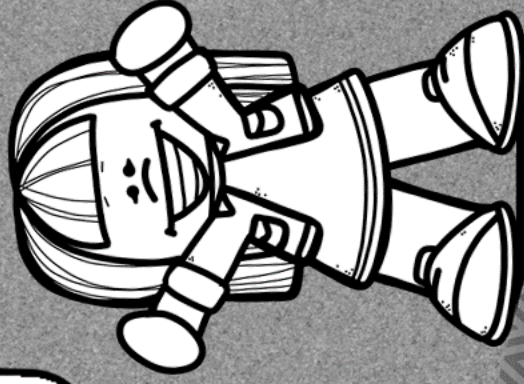
Get a good night's sleep.



Testing STRESSORS



STRESSOR



NOT A
STRESSOR

Not finishing the test.



Failing the test.



Having to use the bathroom during the test.



Someone trying to cheat off you during the test.



Not knowing an answer on the test.



Being sick on the day of the test.



Disappointing your
parents.



Disappointing your
teacher.



Being late to school
and
missing
the test.



Breaking your pencil
during the test.



Disappointing
yourself.



Not being able to
focus during the
test.



Forgetting everything
you learned during the
test.



Pacing yourself
during the test.



Not knowing how to
do a problem on the
test.



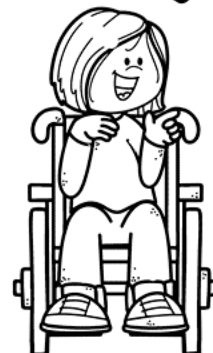
Getting answers
wrong on the test.



Being the last one to
finish the test.



Getting in trouble for
talking during the
test.



Showing self-control during the test.



Being hungry during the test.



Not being able to sit still during the test.



Being tired during the test.



Getting stuck on a question on the test.



Daydreaming during the test.



The test being too hard.



Getting enough rest the night before the test.



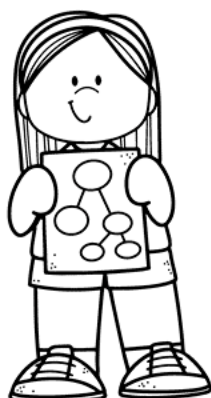
Getting a bad score.



Feeling pressured to succeed.



Forgetting to use test taking strategies.



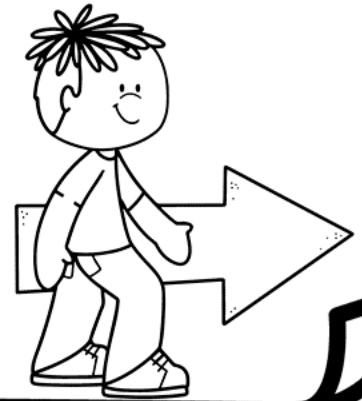
Getting in trouble for not keeping your eyes on your own paper.



Not having studied
enough for the test.



Not being promoted to the
next grade level because of
your score.



Thinking your classmates
will all do better than you
on the test.



Your mind going blank
during the test.



Being distracted during
the test.



Forgetting your lunch or
lunch money on the day of
the test.



Not having time to check your work.



Your computer not working properly during the online test.



Losing power during the test.



Finishing your test early with a lot of time left.



Losing internet during an online test.



Solving a problem and the answer not being one of the multiple choice options.



Feeling overwhelmed.



The big state
test is
coming up.



Forgetting you had a
test today.



There are multiple answers
that you think could be
right.



An important classroom test is
today that could make or break
your grade.



Pop quiz.



Name: _____

My Testing STRESSORS

Draw or write what your stressors are
during testing in the boxes below.



Testing Stressor #1:

A large, empty rectangular box with a thick black border. Each of the four corners is reinforced with a smaller, right-angled triangle, creating a frame-like structure.

Testing Stressor #2:

A large, empty rectangular box with a thick black border. Each of the four corners is reinforced with a smaller, right-angled triangle, creating a frame-like structure.

Testing Stressor #3:

A large, empty rectangular box with a thick black border. Each of the four corners is reinforced with a smaller, right-angled triangle, creating a frame-like structure.

Testing Stressor #4:

A large, empty rectangular box with a thick black border. Each of the four corners is reinforced with a smaller, right-angled triangle, creating a frame-like structure.

Name: _____

My Testing STRESSORS



Testing 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.



Take a short break.



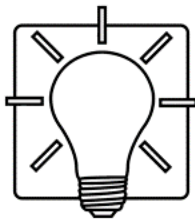
Think positive thoughts.



Make your best effort.



Show your work.



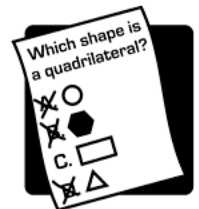
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____

My Testing STRESSORS



Testing 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.



Take a short break.



Think positive thoughts.



Make your best effort.



Show your work.



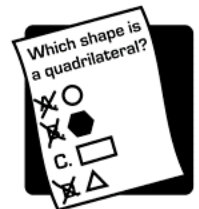
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____

My Testing STRESSORS



Testing 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.



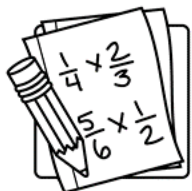
Take a short break.



Think positive thoughts.



Make your best effort.



Show your work.



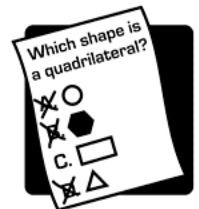
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____

My Testing STRESSORS



Testing 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.



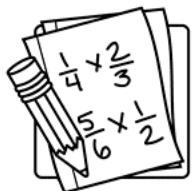
Take a short break.



Think positive thoughts.



Make your best effort.



Show your work.



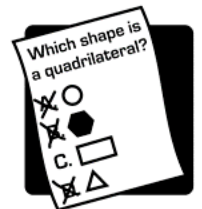
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____

Solving Testing STRESSORS

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

Not finishing the test.



Make your
best effort.



Believe in
yourself.



Manage your
time.



Stay focused.

Failing the test.



Believe in
yourself.



Be prepared.



Make your
best effort.

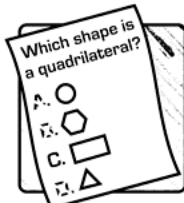


Think positive
thoughts.

Not knowing an answer on the test.



Look for
key words.



Cross out
wrong answers.



Make your
best effort.



Think positive
thoughts.

Name: _____

Solving Testing STRESSORS

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

Having to use the bathroom during the test.



Use a calming strategy.



Believe in yourself.



Manage your time.



Stay focused.

Someone trying to cheat off you during the test.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Being sick on the day of the test.



Eat a healthy breakfast.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

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

Disappointing your parents.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Disappointing your teacher.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Disappointing yourself.



Believe in yourself.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

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

Being late to school and missing the test.



Make your
best effort.



Be prepared.



Manage your
time.



Get a good
night's sleep.

Breaking your pencil during the test.



Use a calming
strategy.



Be prepared.



Believe in
yourself.



Think positive
thoughts.

Not being able to focus during the test.



Eat a healthy
breakfast.



Get a good
night's sleep.



Make your
best effort.



Stay focused.

Name: _____

Solving Testing STRESSORS

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

Forgetting everything you learned during the test.



Use a calming strategy.



Believe in yourself.



Be prepared.



Take a short break.

Pacing yourself during the test.



Believe in yourself.



Manage your time.



Make your best effort.



Think positive thoughts.

Not knowing how to do a problem on the test.



Read the directions carefully.



Look for key words.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

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

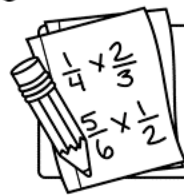
Getting answers wrong on the test.



Read the directions
carefully.



Believe in
yourself.



Show your
work.



Check your
answers.

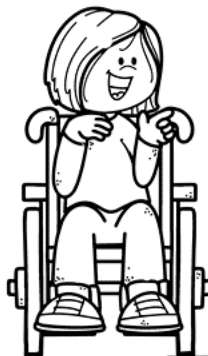
Getting in trouble for talking during the test.



Believe in
yourself.



Be prepared.



Make your
best effort.



Stay focused.

Being the last one to finish the test.



Manage your time



Believe in
yourself.



Make your
best effort.



Think positive
thoughts.

Name: _____

Solving Testing STRESSORS

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

Being hungry during the test.



Be prepared.



Eat a healthy breakfast.



Think positive thoughts.



Stay focused.

Showing self-control during the test.



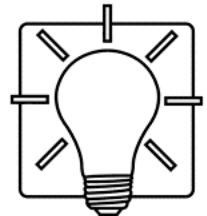
Take a short break.



Eat a healthy breakfast.



Make your best effort.



Stay focused.

Not being able to sit still during the test.



Eat a healthy breakfast.



Take a short break.



Make your best effort.



Use a calming strategy.

Name: _____

Solving Testing STRESSORS

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

Being tired during the test.



Eat a healthy
breakfast.



Get a good
night's sleep.



Take a short
break.



Stay focused.

Daydreaming during the test.



Believe in
yourself.



Manage your
time.

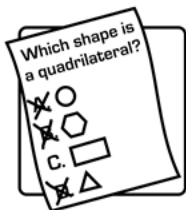


Make your
best effort.



Stay focused.

Getting stuck on a question on the test.



Cross out
wrong answers.



Check your
answers.



Make your
best effort.



Look for
key words.

Name: _____

Solving Testing STRESSORS

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

Getting enough rest the night before the test.



Be prepared.



Believe in yourself.



Get a good night's sleep.



Make your best effort.

The test being too hard.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Getting a bad score.



Believe in yourself.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

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

Feeling pressured to succeed.



Use a calming strategy.



Believe in yourself.



Talk to a trusted person about it.



Make your best effort.

Getting in trouble for not keeping your eyes on your own paper.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

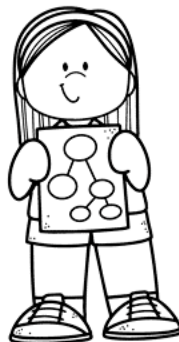
Forgetting to use test taking strategies.



Be prepared.



Stay focused.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

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

Not having studied enough for the test.



Use a calming strategy.



Be prepared.



Make your best effort.



Stay focused.

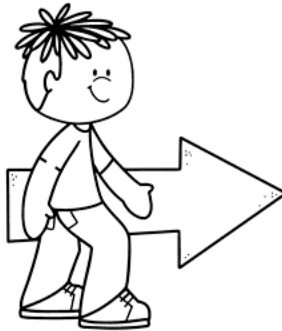
Not being promoted to the next grade level because of your score.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Thinking your classmates will all do better than you on the test.



Eat a healthy breakfast.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

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

Your mind going blank during the test.



Use a calming strategy.



Believe in yourself.



Take a short break.



Stay focused.

Being distracted during the test.



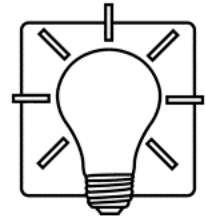
Believe in yourself.



Check your answers.



Make your best effort.



Stay focused.

Forgetting your lunch or lunch money on the day of the test.



Be prepared.



Eat a healthy breakfast.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

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

Not having time to check your work.



Make your
best effort.



Believe in
yourself.



Manage your
time.



Stay focused.

Your computer not working properly during the online test.



Use a calming
strategy.



Take a short
break.



Make your
best effort.



Think positive
thoughts.

Losing power during the test.



Use a calming
strategy.



Take a short
break.



Make your
best effort.



Think positive
thoughts.

Name: _____

Solving Testing STRESSORS

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

Finishing your test early with a lot of time left.



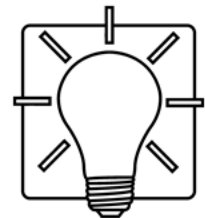
Use a calming strategy.



Manage your time



Check your answers.



Stay focused.

Losing internet during an online test.



Use a calming strategy.



Take a short break.



Make your best effort.



Think positive thoughts.

Solving a problem and the answer not being one of the multiple choice options.



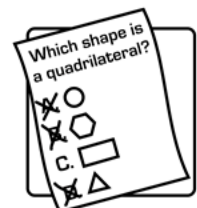
Read the directions carefully.



Show your work.



Look for key words.



Cross out wrong answers.

Name: _____

Solving Testing STRESSORS

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

Feeling overwhelmed.



Use a calming strategy.



Believe in yourself.



Take a short break.



Talk to a trusted person about it.

The big state test is coming up.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Forgetting you had a test today.



Believe in yourself.



Be prepared.



Make your best effort.



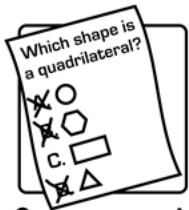
Think positive thoughts.

Name: _____

Solving Testing STRESSORS

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

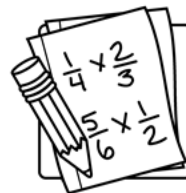
There are multiple answers that you think could be right.



Cross out
wrong answers.



Believe in
yourself.



Show your
work.



Make your
best effort.

Pop quiz.



Believe in
yourself.



Use a calming
strategy.



Make your
best effort.



Think positive
thoughts.

An important classroom test is today that could make or break
your grade.



Believe in
yourself.



Be prepared.



Make your
best effort.



Think positive
thoughts.

SESSION 7

Coping Cart

SMALL GROUP
Counseling 
STRESS

Session Objective:

- *Students will identify coping skills.

Materials:

- *Handouts, scissors.

Guiding Questions:

- *What are ways to cope with stress?
- *How can using coping skills help us to reduce stress?

ASCA Standards Alignment:

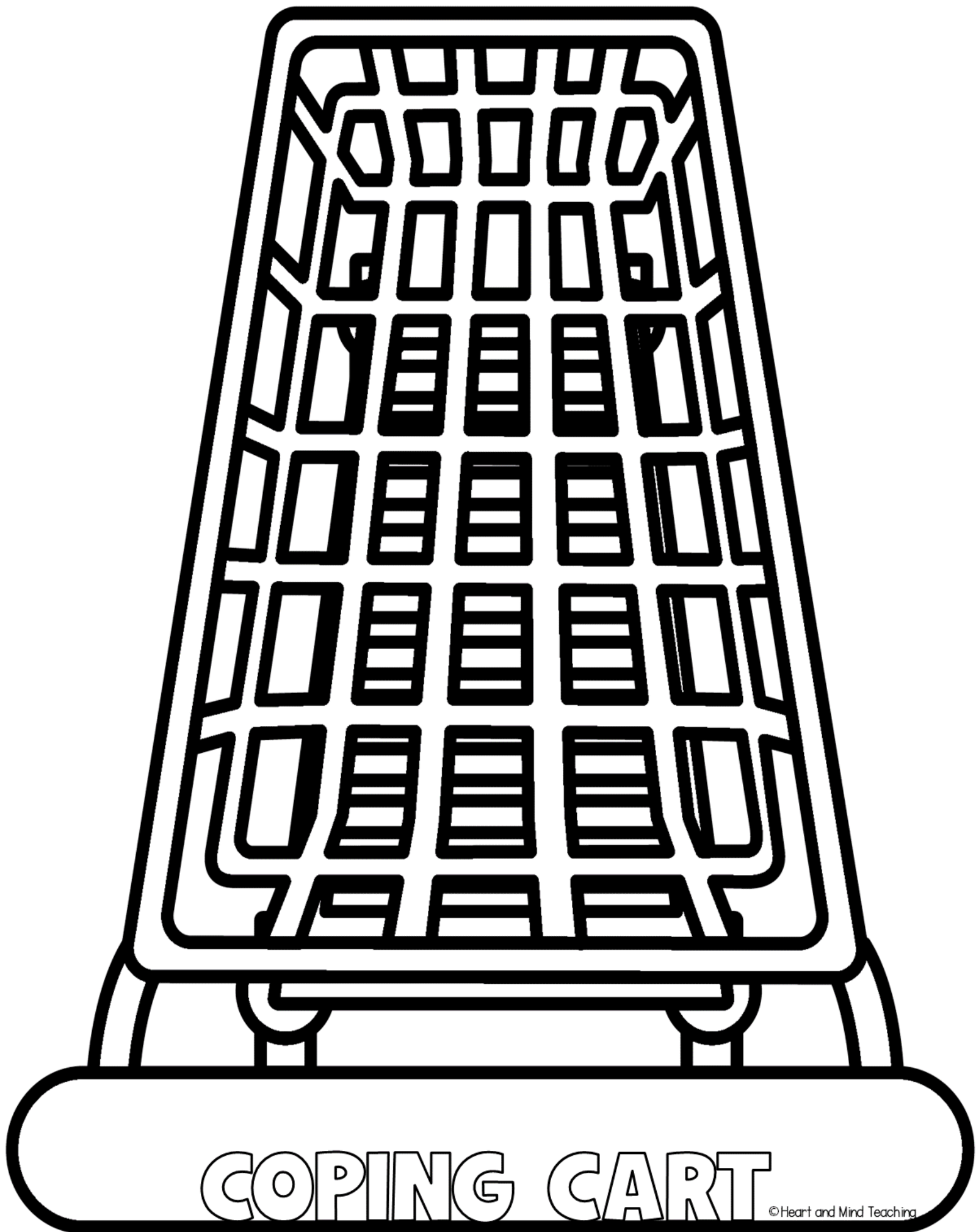
- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Self-Management: Ability to identify and overcome barriers. (B-SMS 6)
- *Behavior: Self-Management: Effective Coping Skills. (B-SMS 7)

SEL Competencies:

- *Self-Management: Stress Management.

Session Details (about 30 min):

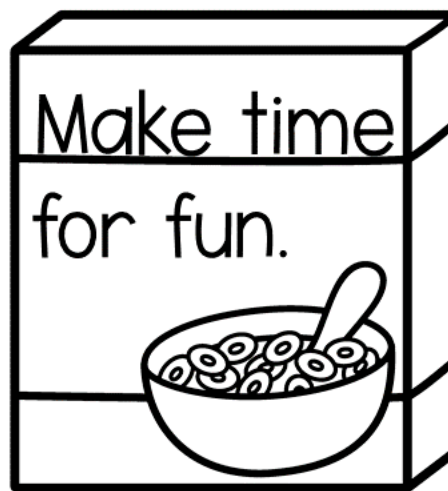
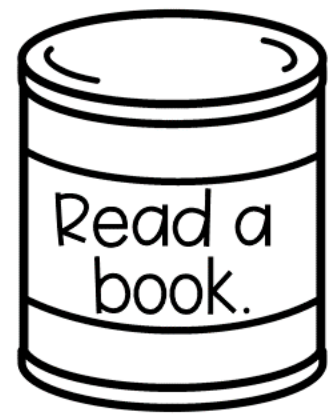
*Welcome students, summarize the skills covered so far, review group rules. Say "Today we are going to be learning about how to cope with stress using coping skills. There are many different coping skills and some of them may help you or may not. It's important to identify which coping skills work best for you, that way you know what to do when you feel stress coming on. We are going to shop for the best coping skills for us." Show students the coping skills list handout. "Let's look at the variety of coping skills available to shop for/use". Give each student their own Coping Shopping Cart and place the cut-out food items (coping skills) around the table so they all can reach them. They can write their names above where it says "coping cart". "This is your coping cart, think about all of the coping skills we just reviewed and which ones you might use or have used successfully before to calm yourself when stressed. I am going to read some stress scenarios and each of you will add a coping skill to your cart based on which ones you would use when faced with that situation. You can add more than one to your cart if needed. There are no wrong answers, it is simply what you feel would help you best. For each coping skill selected, please provide an explanation of how you would use it being as specific as possible. Think of the coping cart as your stress toolbox and you are deciding what to use to help cope with stress." Once you complete all the scenarios, have students complete the reflection page. Thank students for participating, tell them next session they will be learning about mindfulness, another way to combat stress.

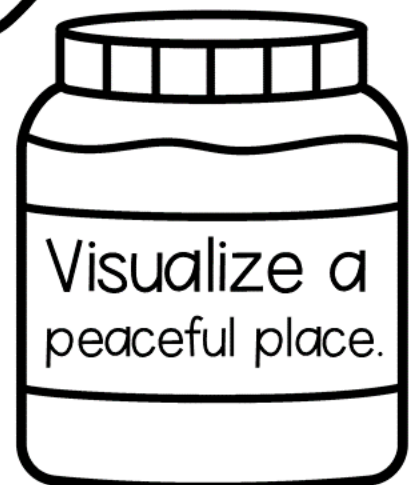


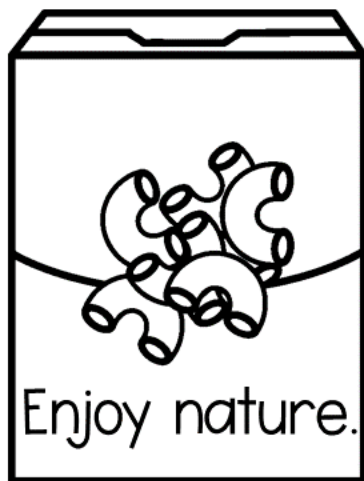
COPING CART

COPING SKILLS

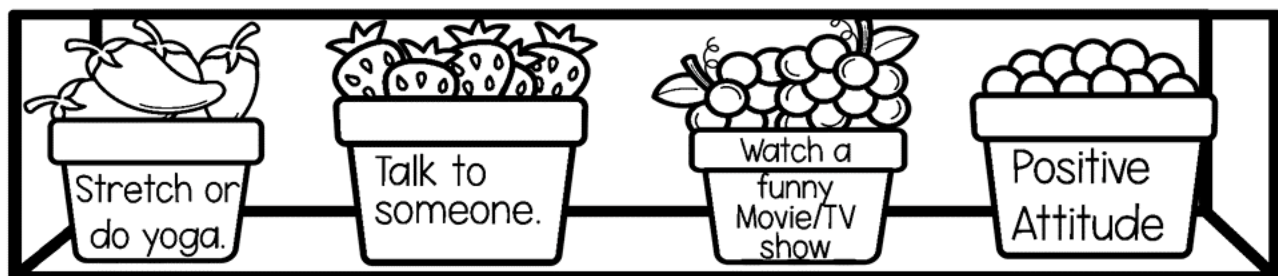
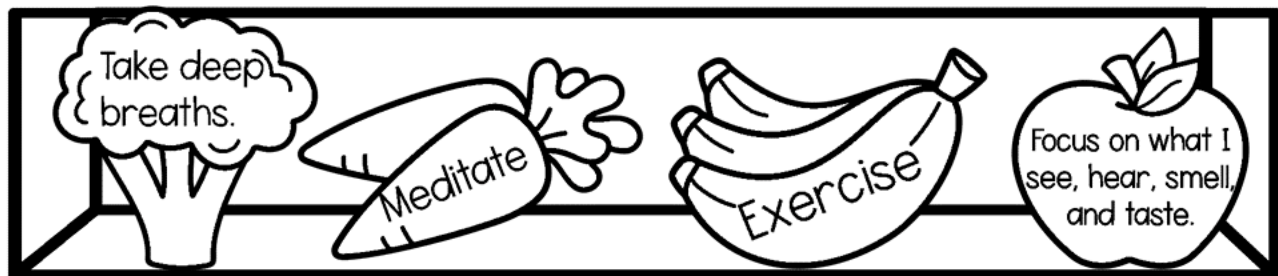
A large, empty rectangular box with a 3D effect, designed for writing a coping skill.A large, empty rectangular box with a 3D effect, designed for writing a coping skill.A large, empty rectangular box with a 3D effect, designed for writing a coping skill.A large, empty rectangular box with a 3D effect, designed for writing a coping skill.A large, empty rectangular box with a 3D effect, designed for writing a coping skill.A large, empty rectangular box with a 3D effect, designed for writing a coping skill.







COPING SKILLS



Stress Management Scenarios



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



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.



You promised your parents you would clean your room, you need to finish your homework and you told your friend you would call them within the hour.



You cannot stop thinking about an argument you had with a friend.



You have too many things due than you have time to complete.



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

Stress Management Scenarios



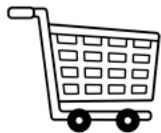
You are in 2 clubs and 2 sports teams. Your schedule is jam packed every day.



You have a lot built up within you and need to get it out.



You forgot to do something you were supposed to do for your friend.



Someone said something mean to you and your entire body is tense.



You have been studying for a week straight for an important test.



You have to present a project in front of the class tomorrow and you are not good at public speaking.



You said the wrong line during your school play and you feel like you messed up the whole play.

Stress Management Scenarios



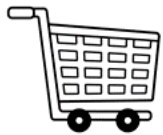
You are worried about something scary you saw on TV last night.



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



You are upset and are breathing quickly and starting to panic.



You have been practicing for your gymnastics competition all month and have had very little free time.



You spilled milk all over the cafeteria table.



You are trying to fit in but feel like you never will.



You feel like crying and screaming at the same time and you do not know why.

What Coping Skill do you think helps you the most and why?

What Coping Skill do you want to try to use more and why?



What coping skill do you think does not help you and why?

SESSION 8

Mindful Me

SMALL GROUP
Counseling 
STRESS



Session Objective:

*Students will practice mindfulness techniques.

Materials:

*Handouts, scissors, pencils.

Guiding Questions:

*What are the benefits of using deep breathing techniques?

*How can grounding yourself help when you are feeling stressed?

Session Details (about 30 min):

*Greet students and review group rules and skills covered already: what stress is and how it occurs in our bodies, stress triggers in school, social settings, home, and caused by testing, as well as coping skills. Say "Today we are going to practicing mindfulness techniques. Mindfulness involves being intentionally aware of the present moment and we can develop this skill through breathing methods, guided imagery, yoga, and grounding. These techniques help relax the body and mind to reduce stress." Pass out the breathing techniques cards. Say "Let's start with breathing techniques, this involves focusing on your breathing, making sure its deep and slow breathing." Go through each card. Pass out the grounding card. Say "The 5-4-3-2-1 Grounding Technique will help take you through your five senses to help remind you of the present." Go through the card. Pass out the guided visualization cards out. Say "Guided Visualization is a relaxation technique that involves focusing on a positive mental image or scene." Go through each card. Pass out the meditation cards. Say "Meditation focuses the mind on a particular thought or activity to train attention and awareness." Go through each meditation card. Pass out the Yoga cards. Say "Yoga helps reduce stress because it promotes relaxation and impacts our body, mind, and breathing." Go through the yoga cards. Say "Now that we have practiced breathing techniques, grounding, guided visualization, meditation, and yoga let's reflect on the ones that we liked the most and felt the most calm while using." Complete the handout on page 35. Thank students for a great session, discuss that next session will be the last session for the group and they will be playing a game.

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: Demonstrate self-discipline and self-control (B-SMS 2)

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

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

SEL Competencies:

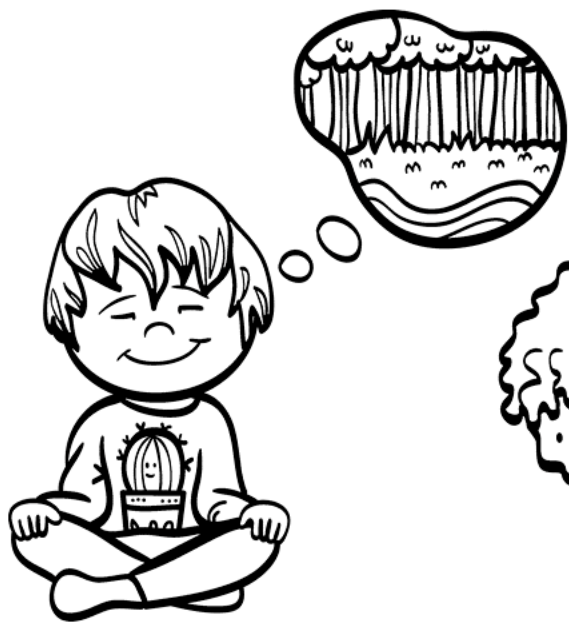
*Self-Management: Stress Management, Impulse control, Self-discipline.

Practice Deep
Breathing

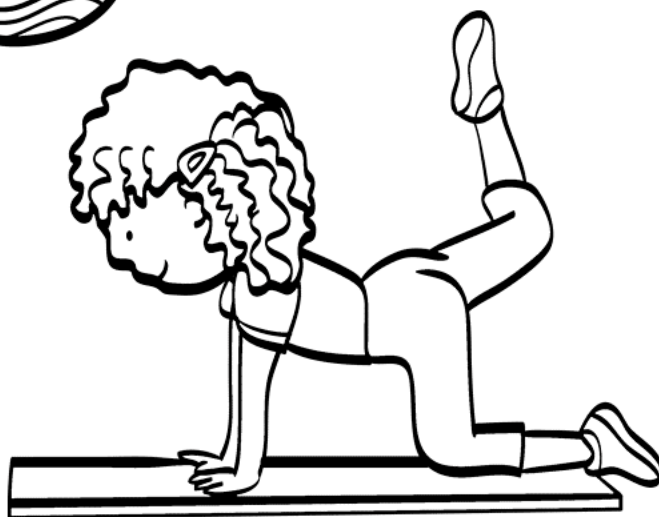


Use Grounding

Mindful Me



Visualize a
calm place.



Do Yoga



Meditate

Breathing Techniques

Breathe in slowly through your nose and out through your mouth, and feel your breath move through your body. On the next in-breath, repeat the phrase, I am safe and on the out-breath, I am calm.



Breathing Techniques

Holding a pin wheel, take a deep breath in through your nose and breathe out through your mouth, blowing the pinwheel.



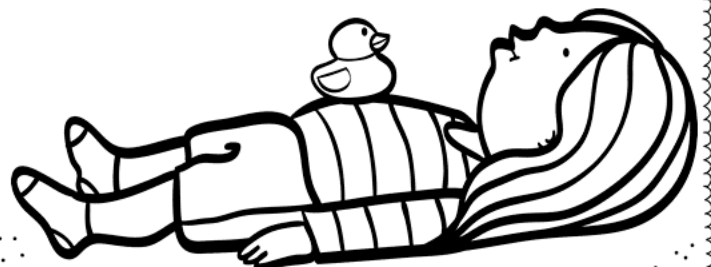
Breathing Techniques

Sitting comfortably with your legs crossed, breathe in through your nose, then with fingers in your ears, hum out your exhalation.



Breathing Techniques

Lay on your back and put a stuffed animal on your belly. Breathe in and move the stuffed animal up, and breathe out bringing the stuffed animal back down.



Breathing Techniques

Imagine smelling a flower. Breathe in through your nose, out through your mouth.



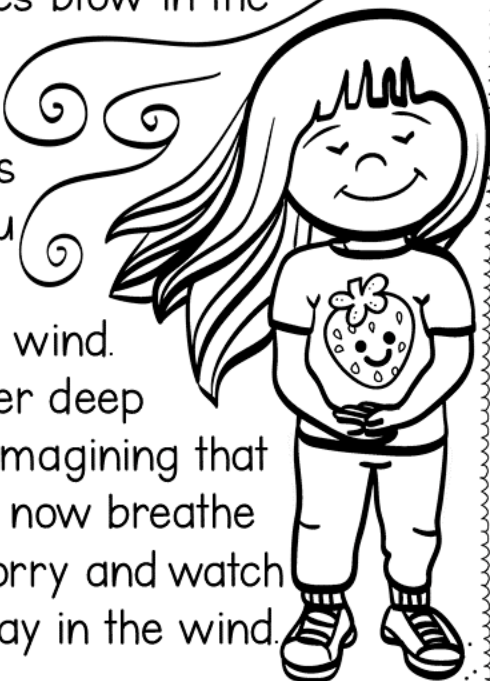
Breathing Techniques

Hold a feather in your hand and inhale for a count of three. Feel your breath entering you, then slowly exhale through the nose blowing gently up and down the feather.



Breathing Techniques

Imagine a breeze blowing through your hair. Imagine that breeze as your worries blow in the wind. Feel that worry as it passes through you and you let it go in the wind. Take another deep breath in, imagining that worry, and now breathe out that worry and watch it blow away in the wind.



Breathing Techniques

Imagine you have a wand to blow bubbles with. Take a deep breath in through your nose. Slowly breathe out through the mouth pretending to blow through the wand to make bubbles.



Grounding



3 things
you can
hear



4 things
you can
feel



2 things
you can
smell



5 things
you can
see



1 thing
you can
taste



Guided Visualization

Imagine lying at the bottom of the ocean. There is nothing but sand and seashells. The sand is squishy in your toes, and the quiet of the water is relaxing you. Focus on each area of your body from your toes to the top of your head, feel them relax.



What can you imagine you would feel?



What can you imagine you would see?



What can you imagine you would smell?



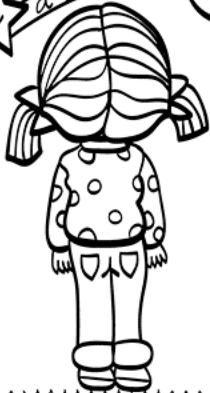
What can you imagine you would hear?



What can you imagine you would taste?

Guided Visualization

Imagine you are in space. There is no sound and no movement. Everything is still and calm. There are stars in the distance, and the earth is behind you. You are weightless and floating. There is light from the sun and the darkness from the moon. You are at peace.



What can you imagine you would feel?



What can you imagine you would see?



What can you imagine you would smell?



What can you imagine you would hear?



What can you imagine you would taste?

Guided Visualization

Imagine a river raging around you with things to do and all your worries. Slowly begin to make the river calmer and calmer until it is a quiet, gently flowing stream. Imagine it getting smaller and smaller until it is a small, serene pond.



What can you imagine you would feel?



What can you imagine you would see?



What can you imagine you would smell?








What can you imagine you would hear?



What can you imagine you would taste?

Guided Visualization

You are at the beach. The sun is shining on you, the waves are crashing in the distance. A seagull flies by overhead. There is a boat in the distance. You feel the ocean breeze blow your hair. Focus on each area of your body, from your toes to the top of your head, and feel them relax.






-  What can you imagine you would feel?
-  What can you imagine you would see?
-  What can you imagine you would smell?
-  What can you imagine you would hear?
-  What can you imagine you would taste?



Guided Visualization

You are in the mountains. You hear the trees swaying together in sync. They make a rustling noise. There is a bird chirping in the distance. The sound of a nearby stream flowing mixes with the smell of flowers and wood. Focus on each area of your body from your toes to the top of your head, relax.



-  What can you imagine you would feel?
-  What can you imagine you would see?
-  What can you imagine you would smell?
-  What can you imagine you would hear?
-  What can you imagine you would taste?



Meditation

Feel your breath slowly come in and out. Try to put all thoughts from your mind and just focus on how your body feels. Feel the muscles in your feet, ankles, and legs relax. Now feel the muscles in your hips and tummy relax. Relax the muscles in your shoulders and chest. Feel the muscles in your face relaxing around your jaw, cheeks, and eyes. Feel your body go smooth and soft. Feel the muscles of your neck and head relax.



Meditation

Think of someone you love. Picture their face and their smile. Send them these good wishes: May you be happy, may you be healthy, may your heart be filled with love. Imagine your heart growing bigger each time you say the good wishes.



Meditation

Think of yourself. Picture your face and your smile. Send yourself these good wishes: May I be happy, may I be healthy, may my heart be filled with love.

Imagine your heart growing bigger each time you say the good wishes.



Yoga

Tree Pose

While standing on one leg, bend the other knee and place the sole of the foot on your inner thigh. Raise your arms into the air and sway like a tree.



Yoga

Butterfly Pose

From a sitting position, bend your legs together so that the soles of your feet touch together. Place your hands at your heart.

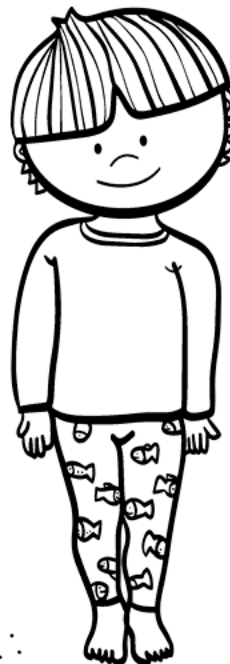
Gently flutter your legs.



Yoga

Mountain Pose

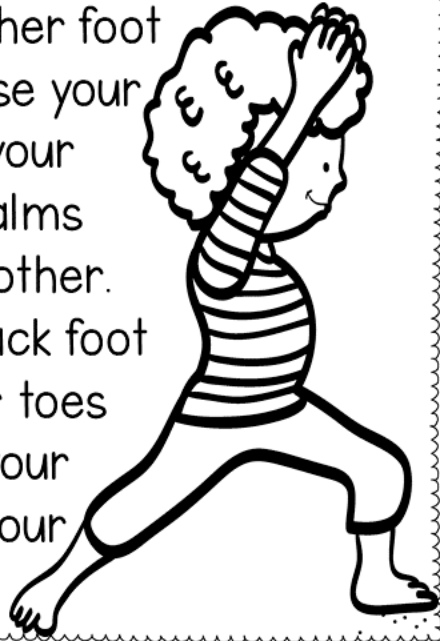
Stand with your toes touching and feet slightly apart. Sway your body gently back and forth. Slowly bring it to a standstill with your weight balanced evenly. Breathe deeply.



Yoga

Warrior 1 Pose

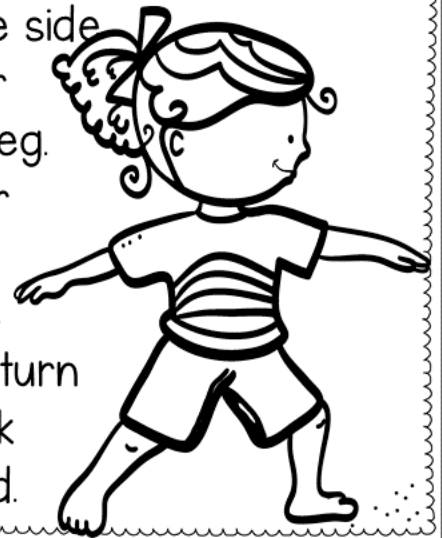
Begin in mountain pose. With one foot, take a big step forward. Leave the other foot in place. Raise your hands over your head with palms facing each other. Turn your back foot to point your toes away from your body. Bend your front knee.



Yoga

Warrior 2 Pose

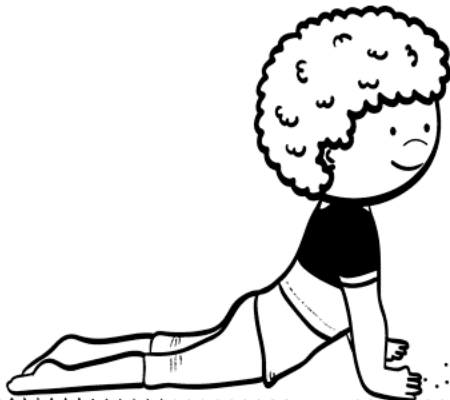
Start in Mountain Pose. Step with your feet wide apart and stretch your arms out to either side, palms facing down. Turn one foot, so it is pointing to the side and bend your knee on that leg. Look past your fingertips. Straighten the front leg, and turn your toes back facing forward.



Yoga

Cobra Pose

Lie on your belly and place palms flat next to your shoulders. Press and lift your head and shoulders off the floor.



Yoga

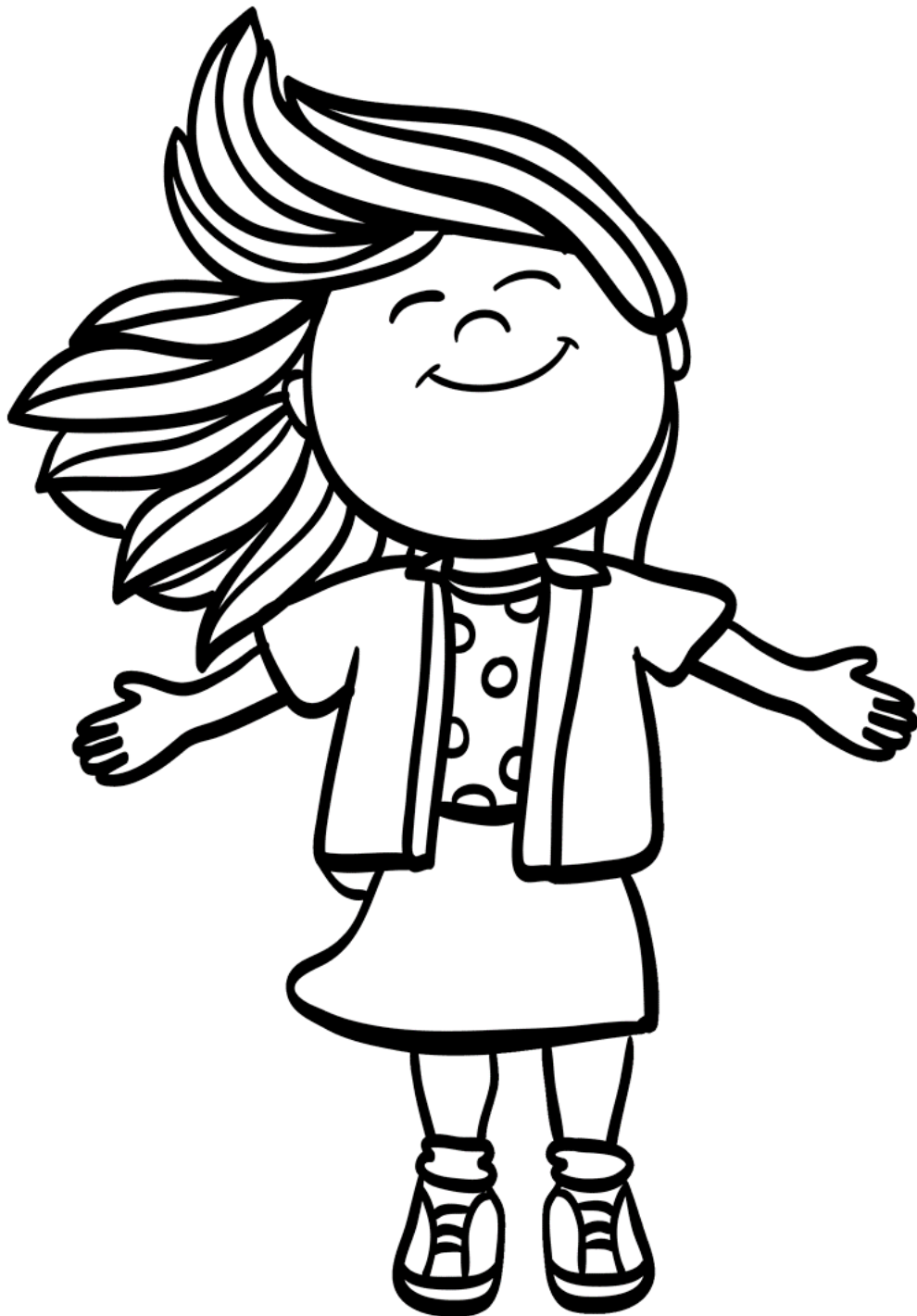
Child's Pose

Sit back on the heels and slowly bring the forehead down in front of the knees. Rest the arms alongside the body.



Breathing Techniques

Breathe in slowly through your nose and out through your mouth, and feel your breath move through your body. On the next in-breath, repeat the phrase, I am safe and on the out-breath, I am calm.



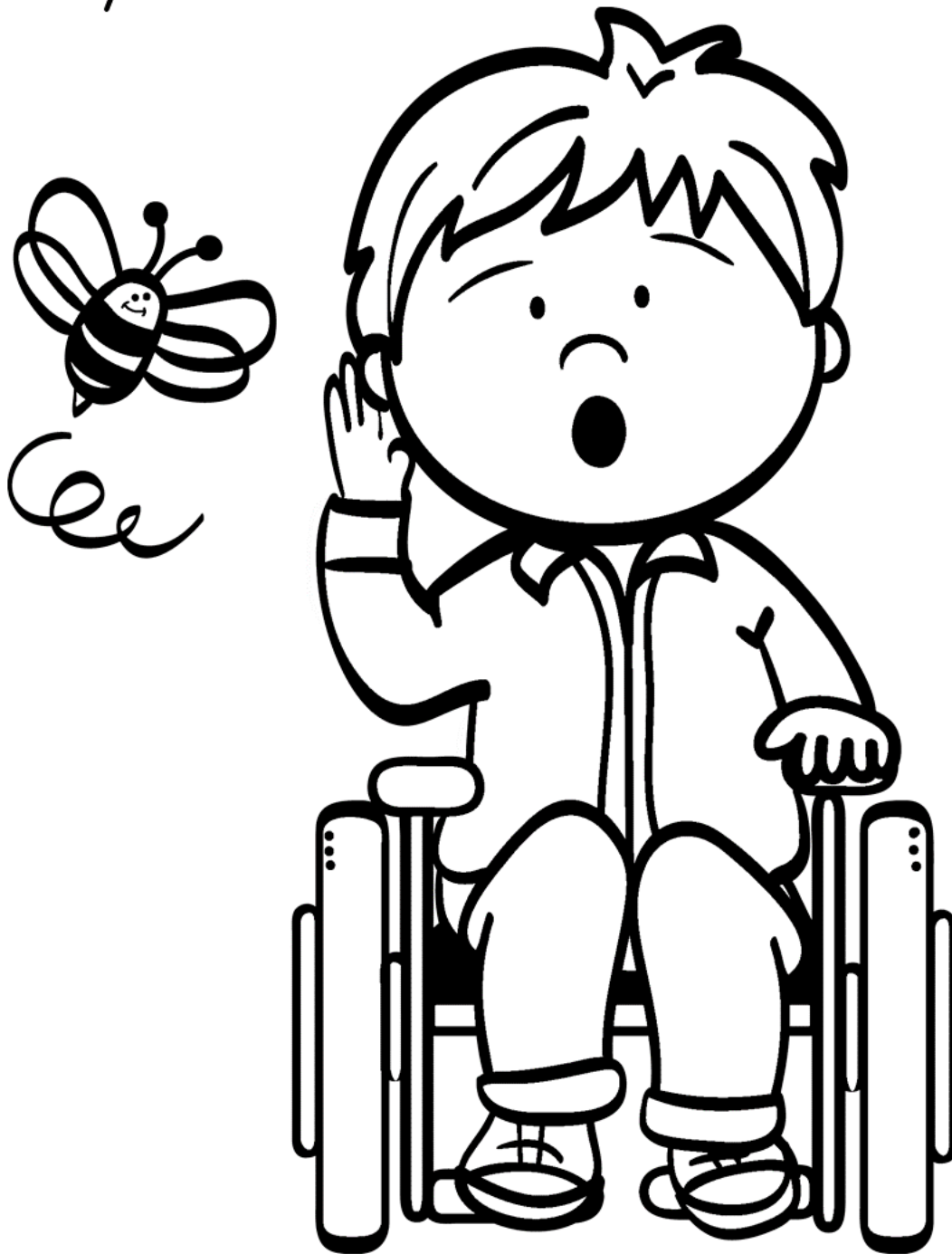
Breathing Techniques

Holding a pin wheel, take a deep breath in through your nose and breathe out through your mouth, blowing the pinwheel.



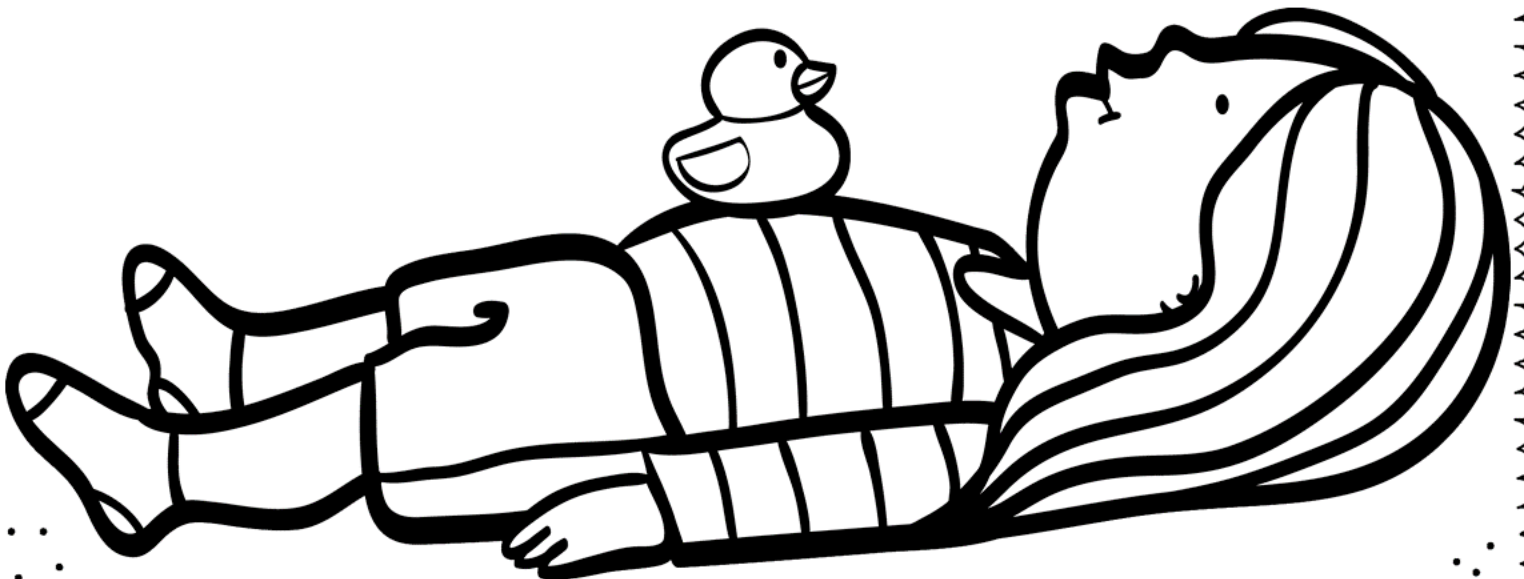
Breathing Techniques

Sitting comfortably with your legs crossed, breathe in through your nose, then with fingers in your ears, hum out your exhalation.



Breathing Techniques

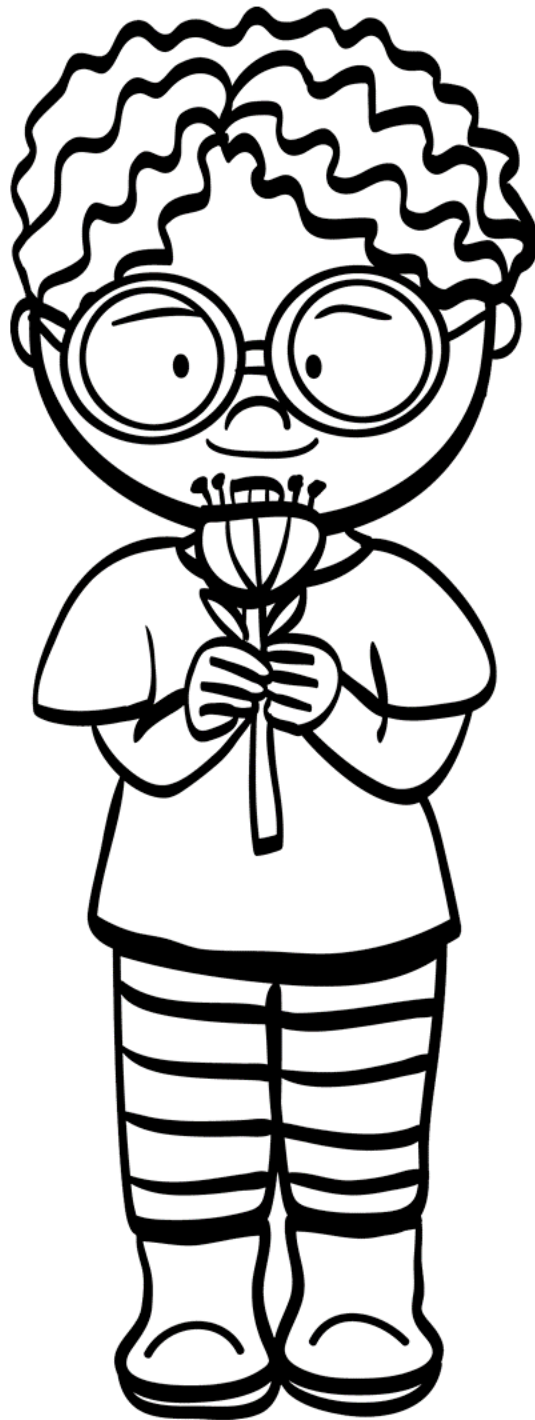
Lay on your back and put a stuffed animal on your belly. Breathe in and move the stuffed animal up, and breathe out bringing the stuffed animal back down.



Breathing Techniques

Imagine smelling a flower.

Breathe in through your nose,
out through your mouth.



Breathing Techniques



Hold a feather in your hand and inhale for a count of three. Feel your breath entering you, then slowly exhale through the nose blowing gently up and down the feather.

Breathing Techniques

Imagine a breeze blowing through your hair. Imagine that breeze as your worries blow in the wind. Feel that worry as it passes through you and you let it go in the wind. Take another deep breath in, imagining that worry, and now breathe out that worry and watch it blow away in the wind.

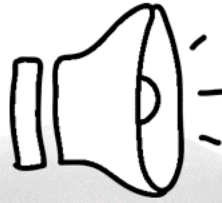


Breathing Techniques

Imagine you have a wand to blow bubbles with. Take a deep breath in through your nose. Slowly breathe out through the mouth pretending to blow through the wand to make bubbles.



Grounding



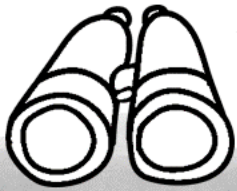
3 things
you can
hear



4 things
you can
feel



2 things
you can
smell



5 things
you can
see

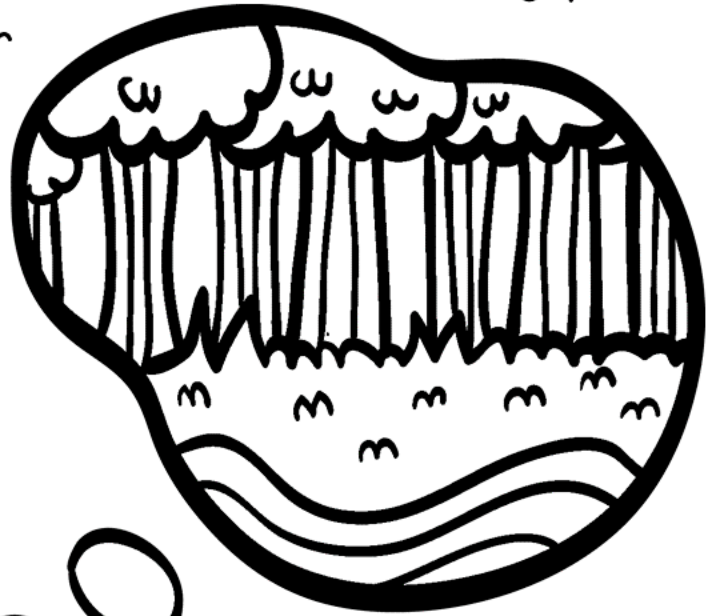


1 thing
you can
taste



Guided Visualization

Imagine lying at the bottom of the ocean. There is nothing but sand and seashells. The sand is squishy in your toes, and the quiet of the water is relaxing you. Focus on each area of your body from your toes to the top of your head, feel them relax.



What can you imagine you would feel?



What can you imagine you would see?



What can you imagine you would smell?



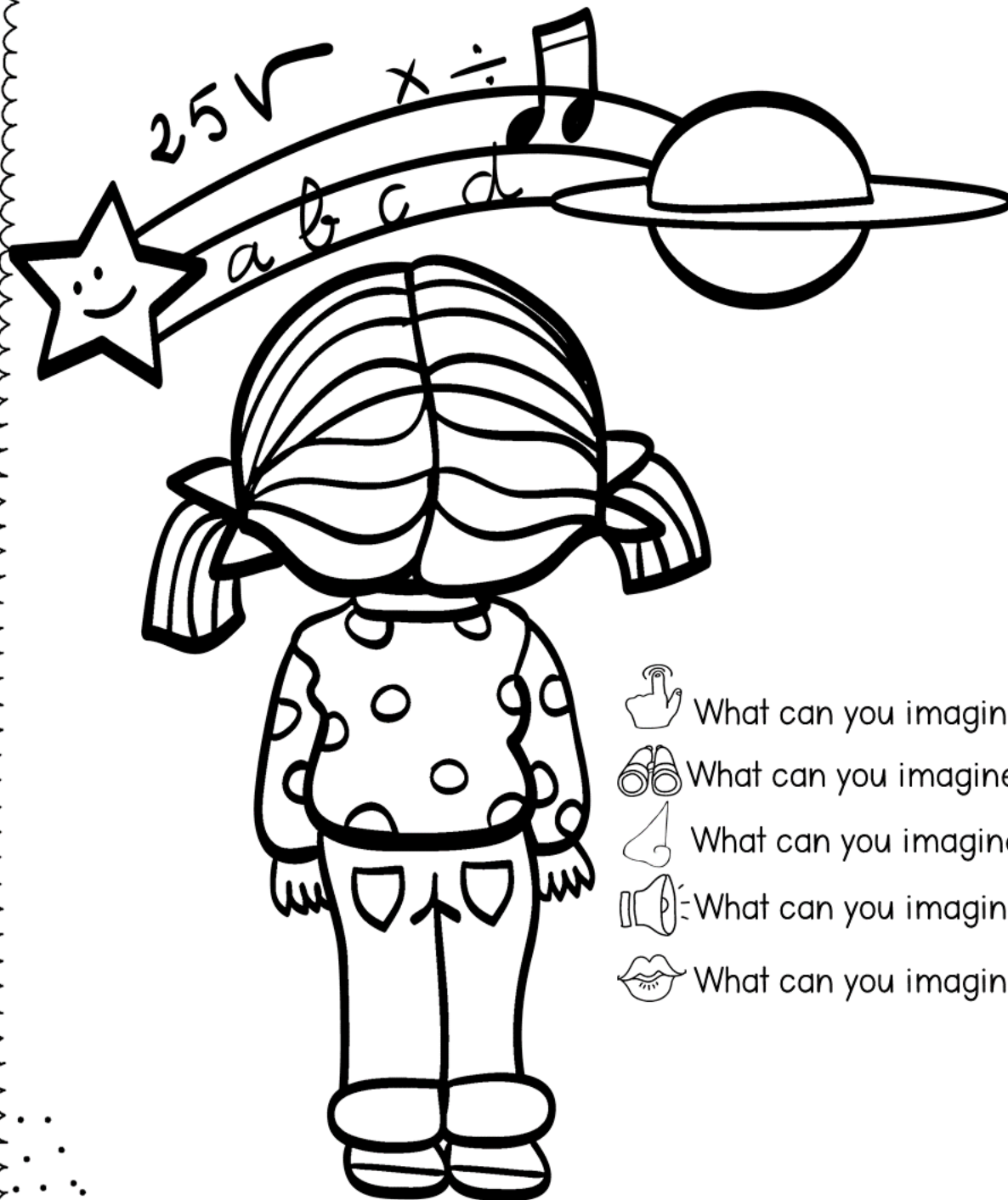
What can you imagine you would hear?








What can you imagine you would taste?

Guided Visualization

Imagine you are in space. There is no sound and no movement. Everything is still and calm. There are stars in the distance, and the earth is behind you. You are weightless and floating. There is light from the sun and the darkness from the moon. You are at peace.

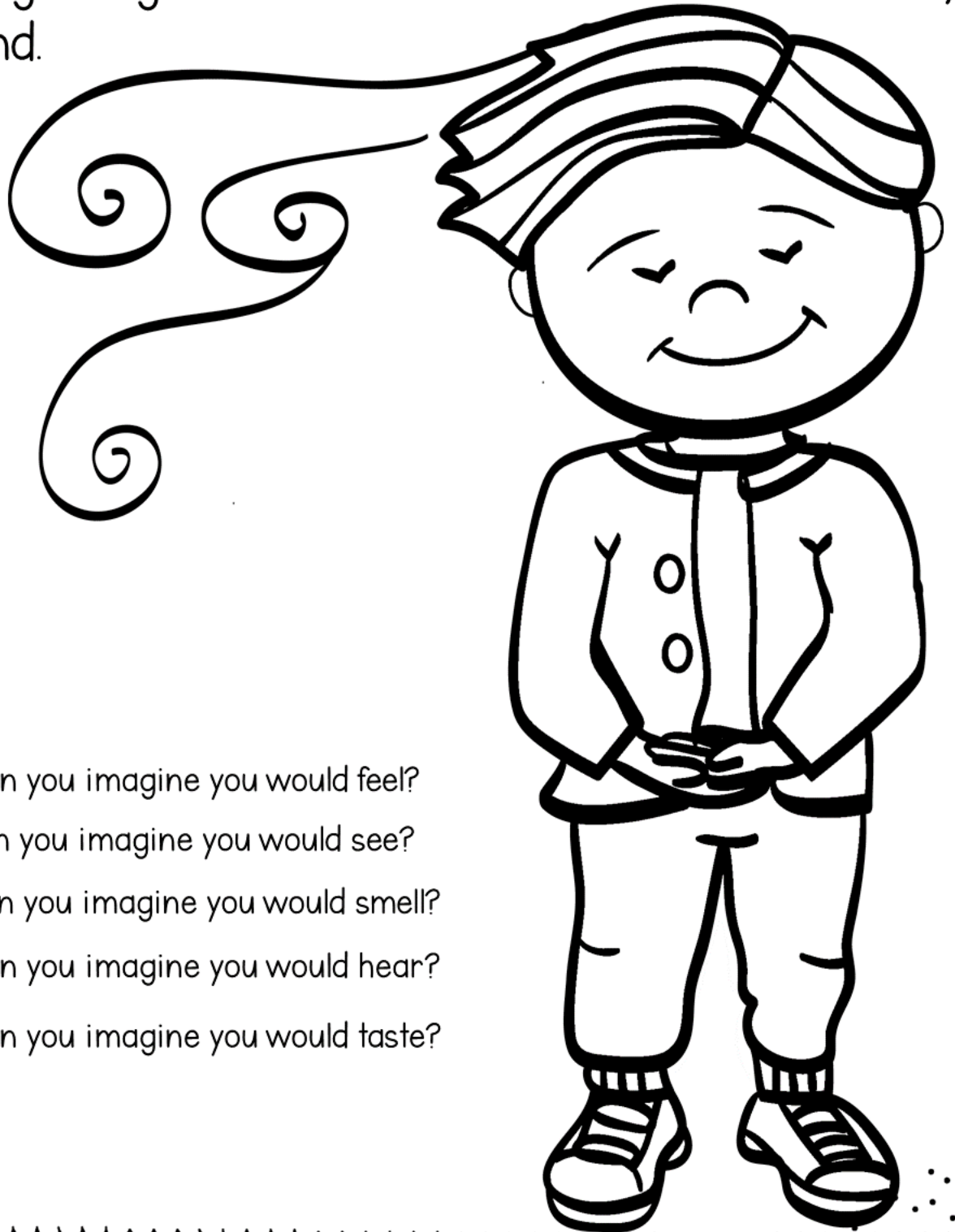


-  What can you imagine you would feel?
-  What can you imagine you would see?
-  What can you imagine you would smell?
-  What can you imagine you would hear?
-  What can you imagine you would taste?

Guided Visualization

Imagine a river raging around you with things to do and all your worries. Slowly begin to make the river calmer and calmer until it is a quiet, gently flowing stream.

Imagine it getting smaller and smaller until it is a small, serene pond.



What can you imagine you would feel?



What can you imagine you would see?



What can you imagine you would smell?



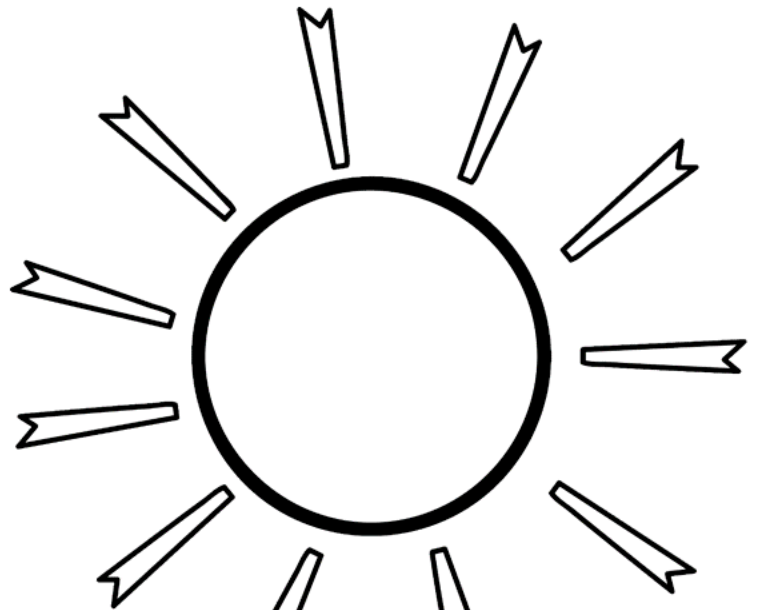
What can you imagine you would hear?



What can you imagine you would taste?

Guided Visualization

You are at the beach. The sun is shining on you, the waves are crashing in the distance. A seagull flies by overhead. There is a boat in the distance. You feel the ocean breeze blow your hair. Focus on each area of your body, from your toes to the top of your head, and feel them relax.



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What can you imagine you would see?



What can you imagine you would smell?



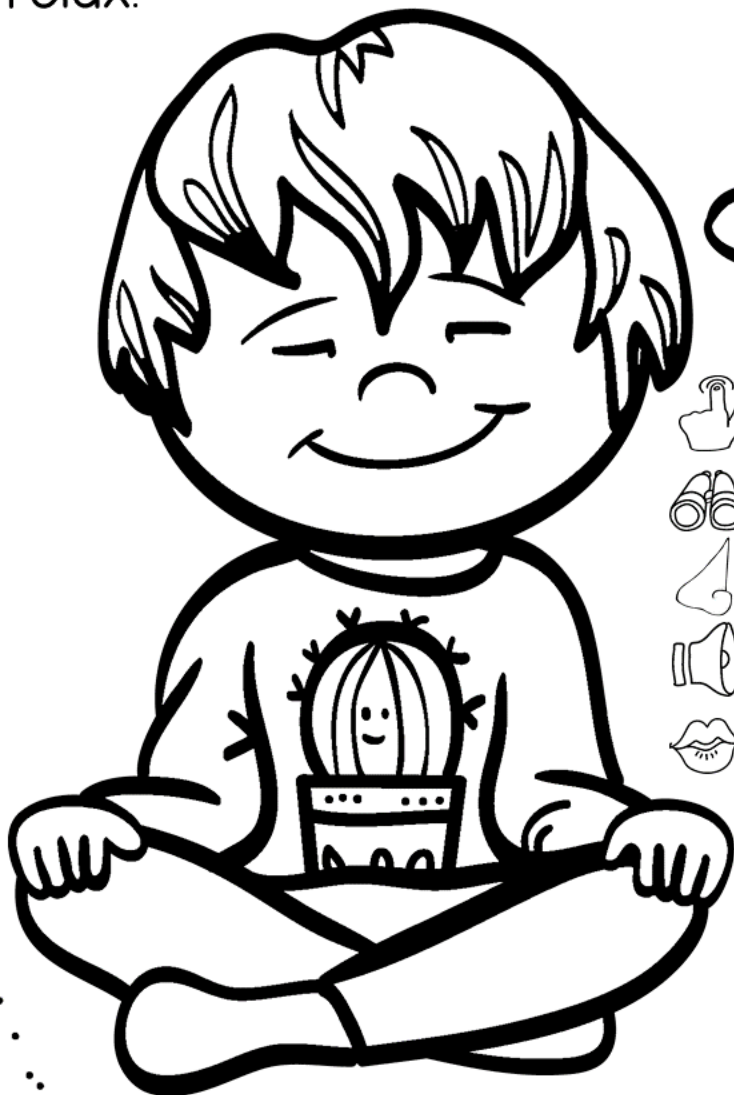
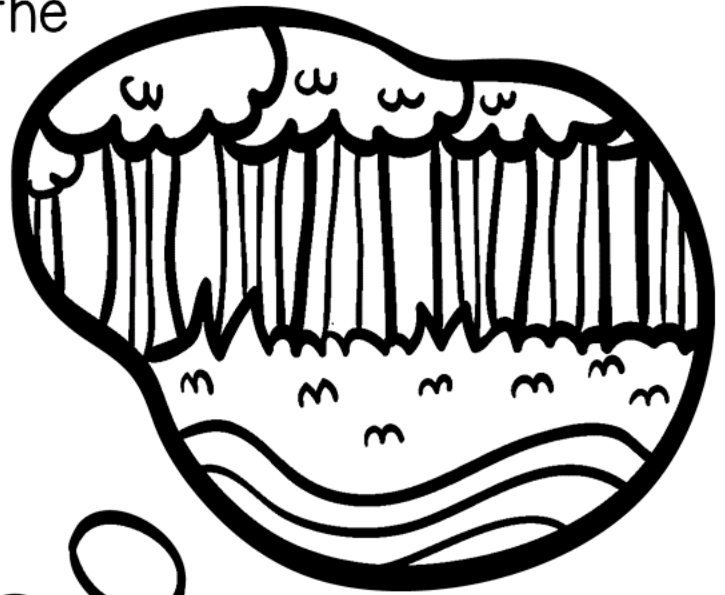
What can you imagine you would hear?



What can you imagine you would taste?

Guided Visualization

You are in the mountains. You hear the trees swaying together in sync. They make a rustling noise. There is a bird chirping in the distance. The sound of a nearby stream flowing mixes with the smell of flowers and wood. Focus on each area of your body from your toes to the top of your head, feel them relax.



What can you imagine you would feel?



What can you imagine you would see?



What can you imagine you would smell?



What can you imagine you would hear?



What can you imagine you would taste?

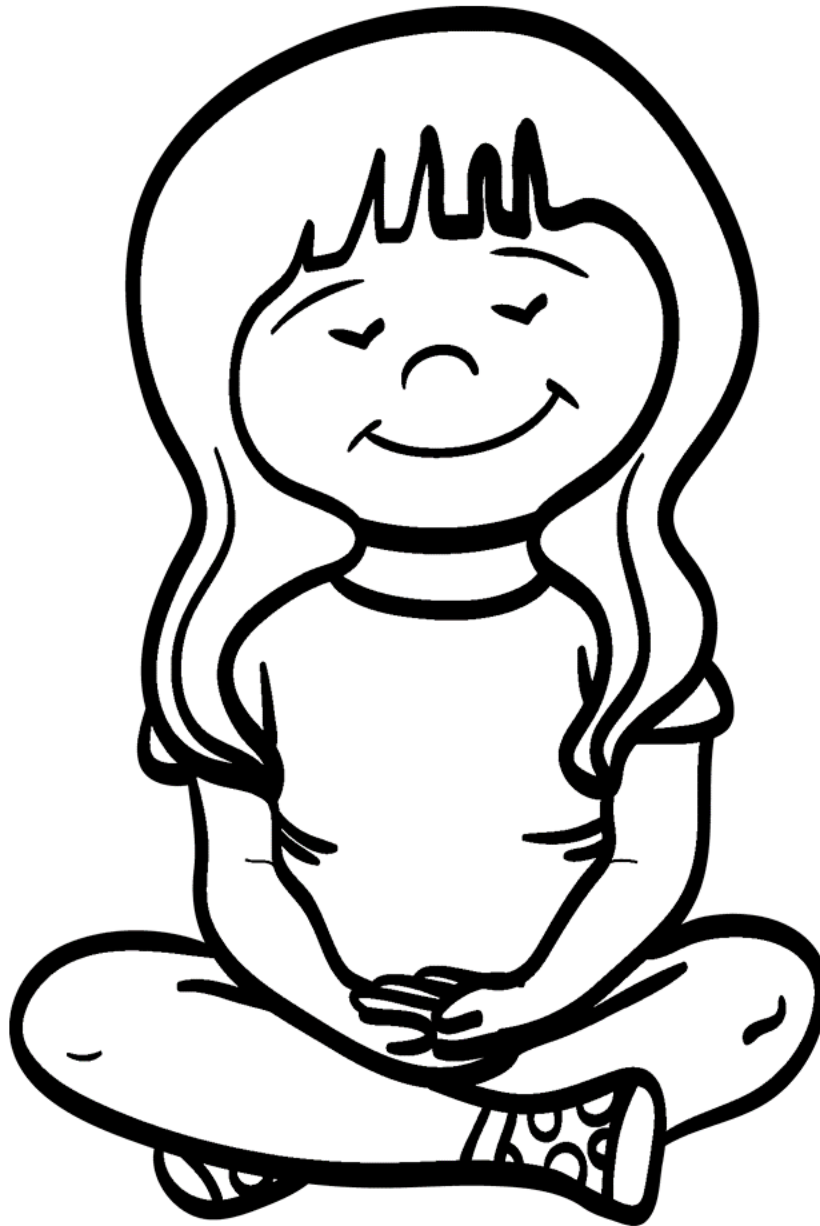
Meditation

Feel your breath slowly come in and out. Try to put all thoughts from your mind and just focus on how your body feels. Feel the muscles in your feet, ankles, and legs relax. Now feel the muscles in your hips and tummy relax. Relax the muscles in your shoulders and chest. Feel the muscles in your face relaxing around your jaw, cheeks, and eyes. Feel your body go smooth and soft. Feel the muscles of your neck and head relax.



Meditation

Think of someone you love. Picture their face and their smile. Send them these good wishes: May you be happy, may you be healthy, may your heart be filled with love. Imagine your heart growing bigger each time you say the good wishes.



Meditation

Think of yourself. Picture your face and your smile. Send yourself these good wishes: May I be happy, may I be healthy, may my heart be filled with love. Imagine your heart growing bigger each time you say the good wishes.



Yoga

Tree Pose

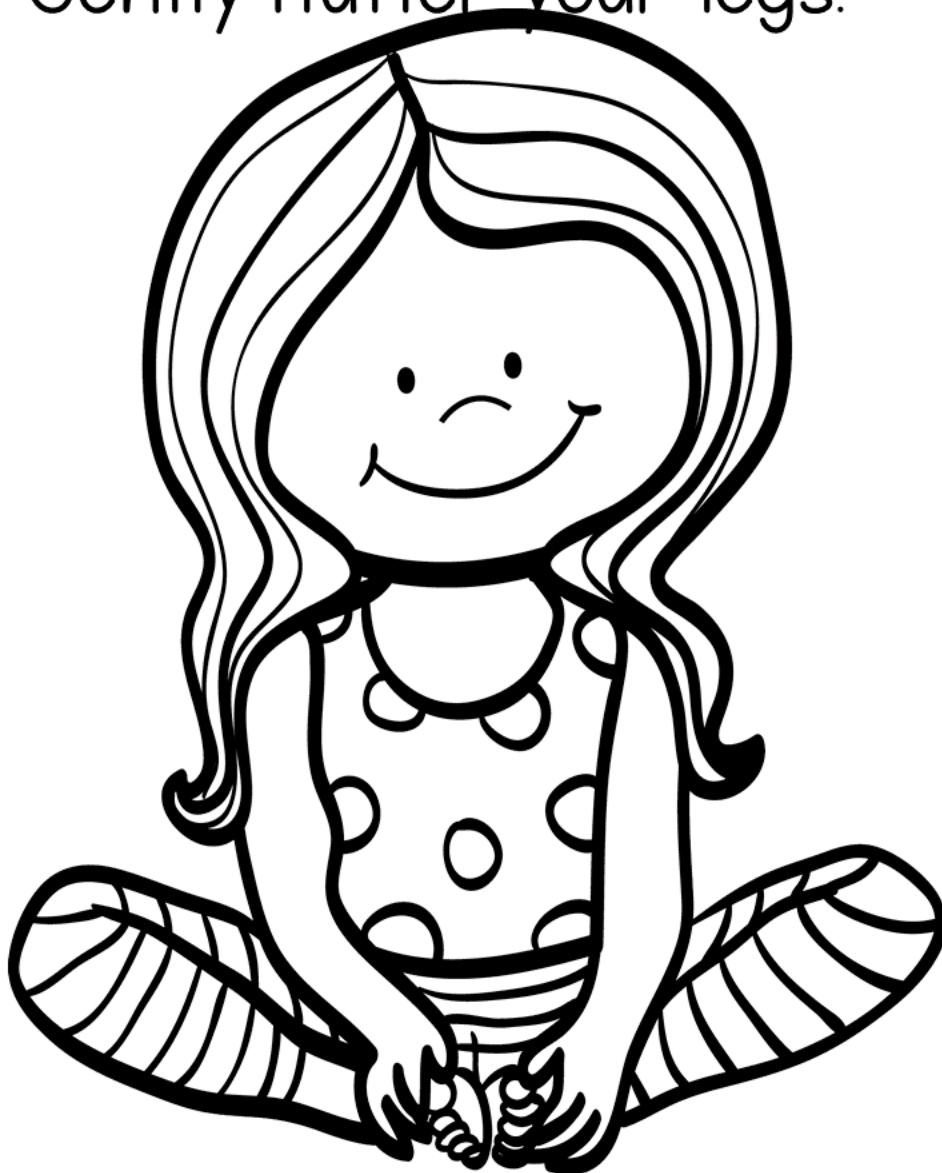
While standing on one leg, bend the other knee and place the sole of the foot on your inner thigh. Raise your arms into the air and sway like a tree.



Yoga

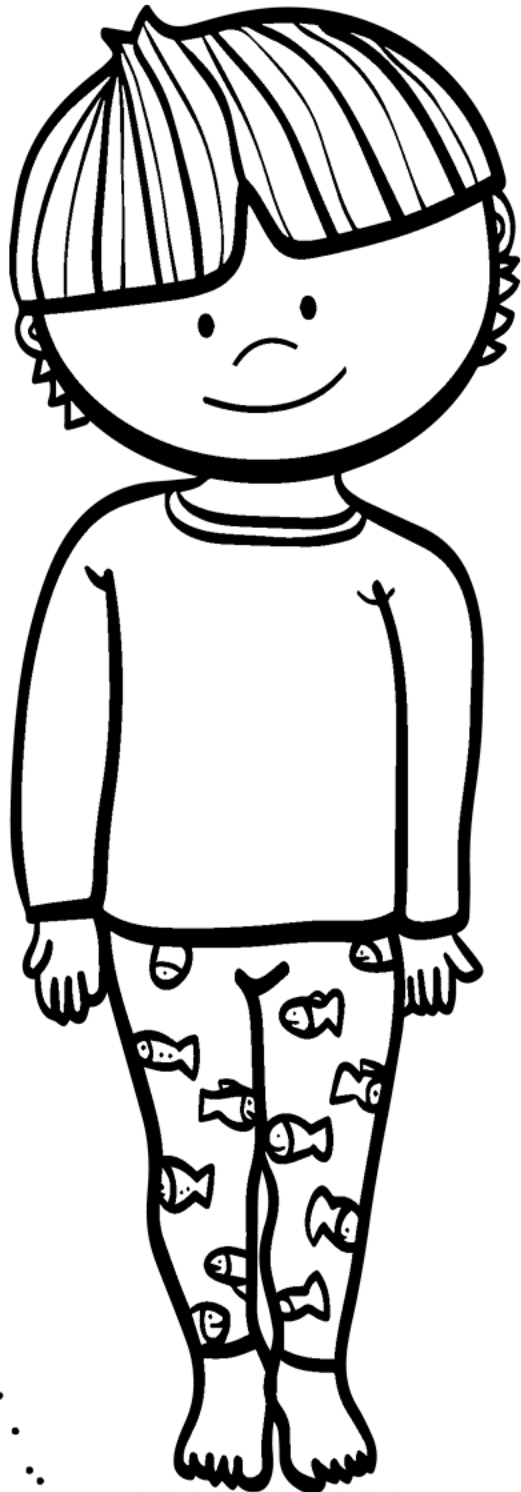
Butterfly Pose

From a sitting position, bend your legs together so that the soles of your feet touch together. Place your hands at your heart. Gently flutter your legs.



Yoga

Mountain Pose

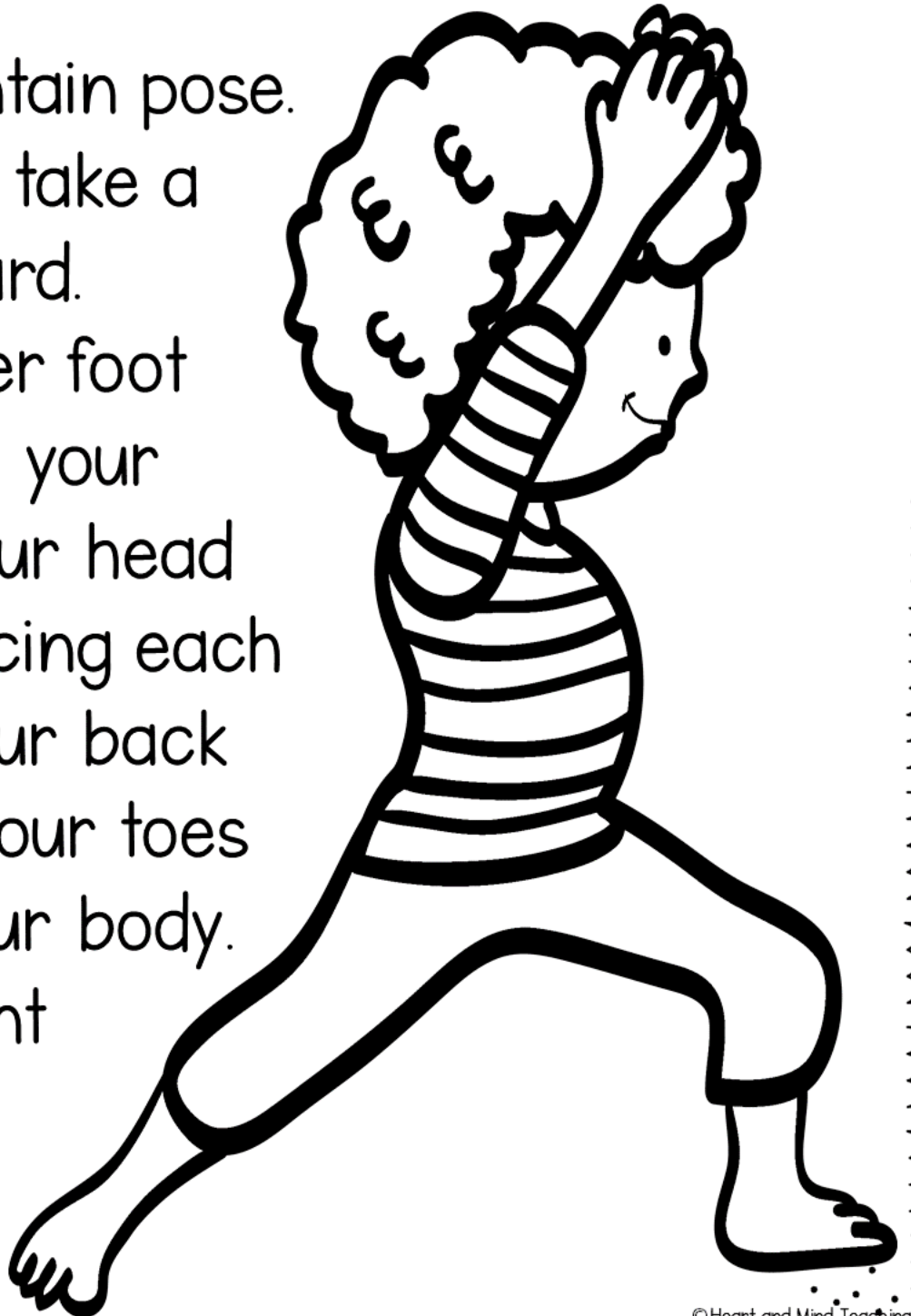


Stand with your toes touching and feet slightly apart. Sway your body gently back and forth. Slowly bring it to a standstill with your weight balanced evenly. Breathe deeply.

Yoga

Warrior I Pose

Begin in mountain pose. With one foot, take a big step forward. Leave the other foot in place. Raise your hands over your head with palms facing each other. Turn your back foot to point your toes away from your body. Bend your front knee.



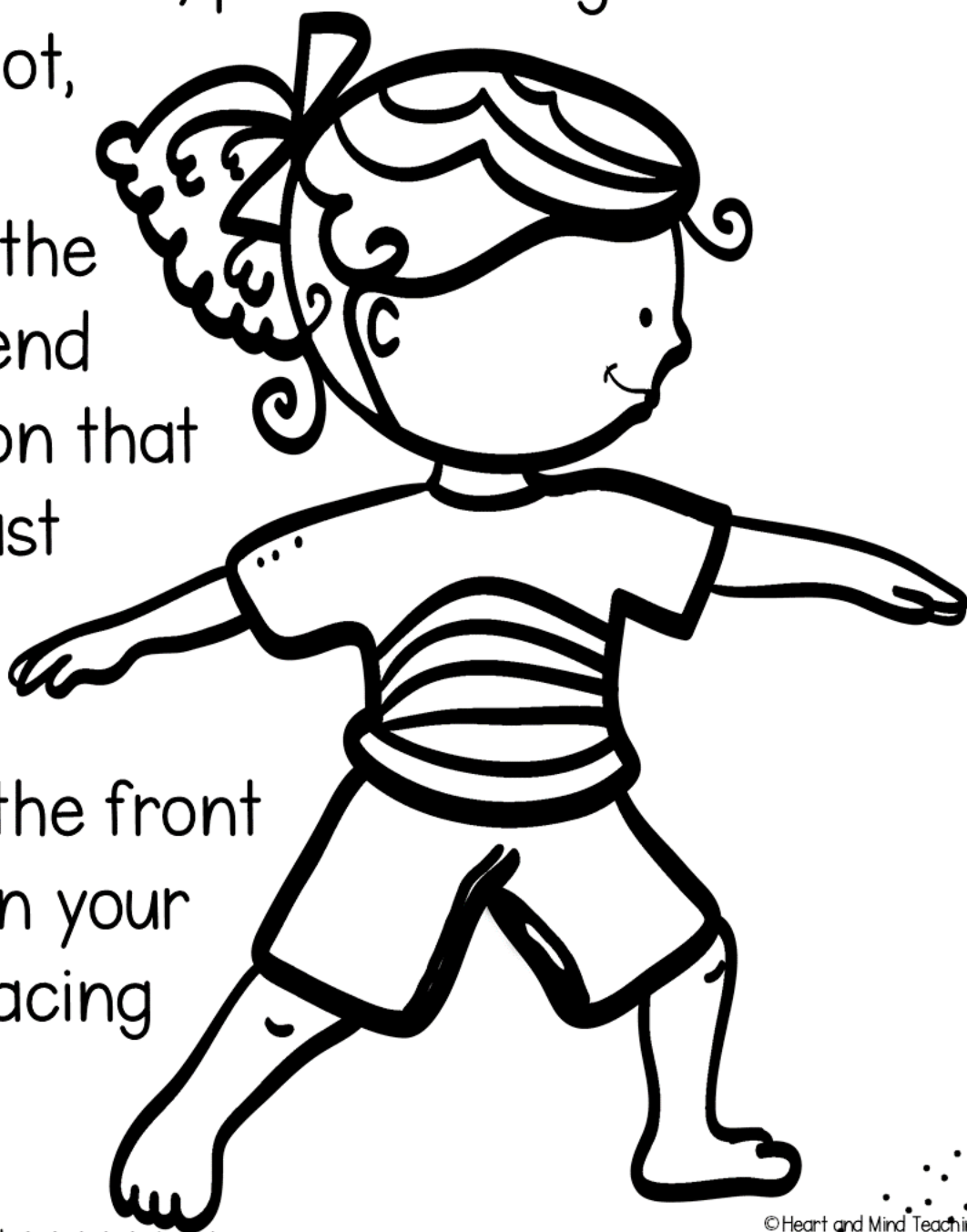
Yoga

Warrior 2 Pose

Start in Mountain Pose. Step with your feet wide apart and stretch your arms out to either side, palms facing down.

Turn one foot, so it is pointing to the side, and bend your knee on that leg. Look past your fingertips.

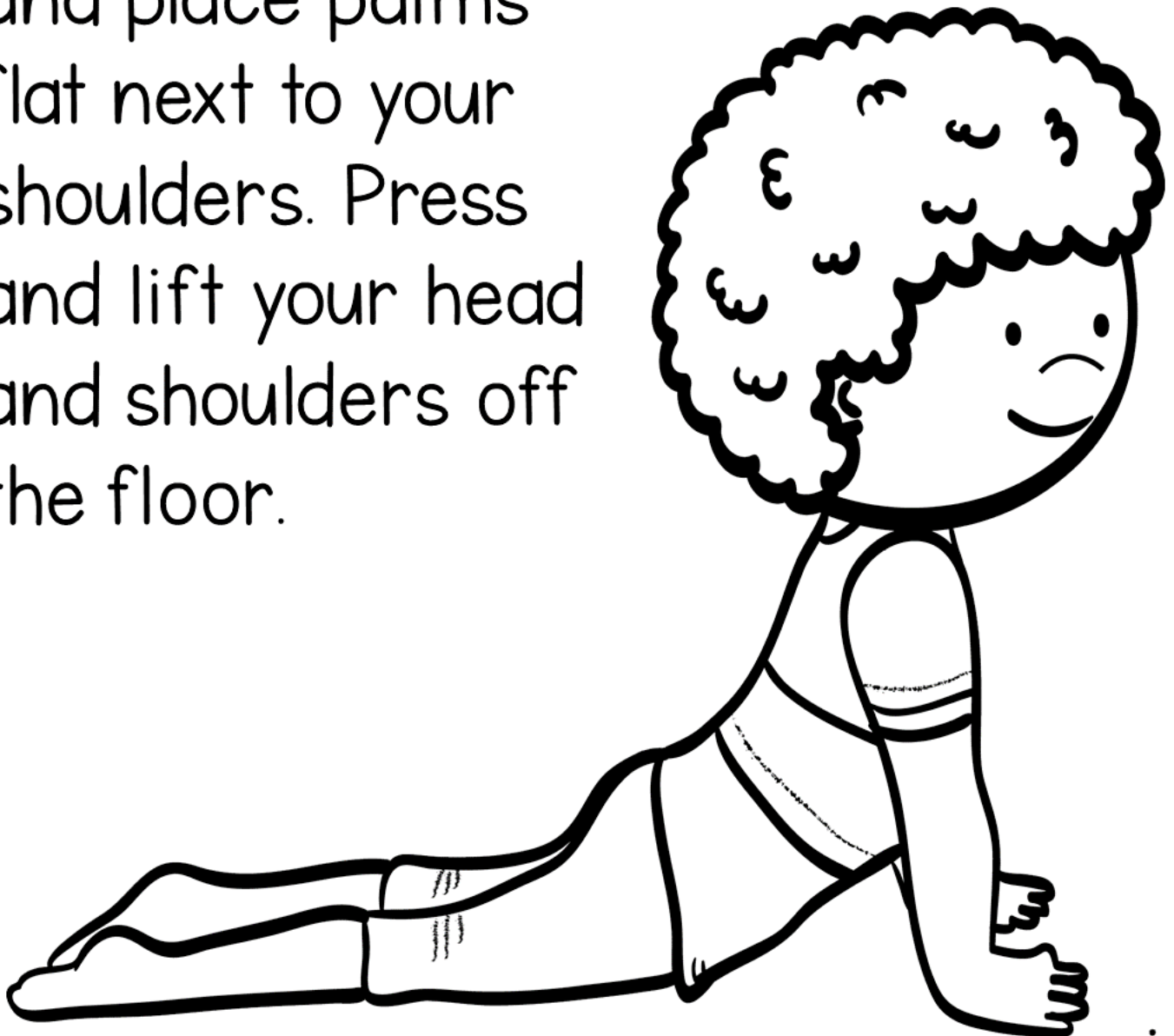
Straighten the front leg, and turn your toes back facing forward.



Yoga

Cobra Pose

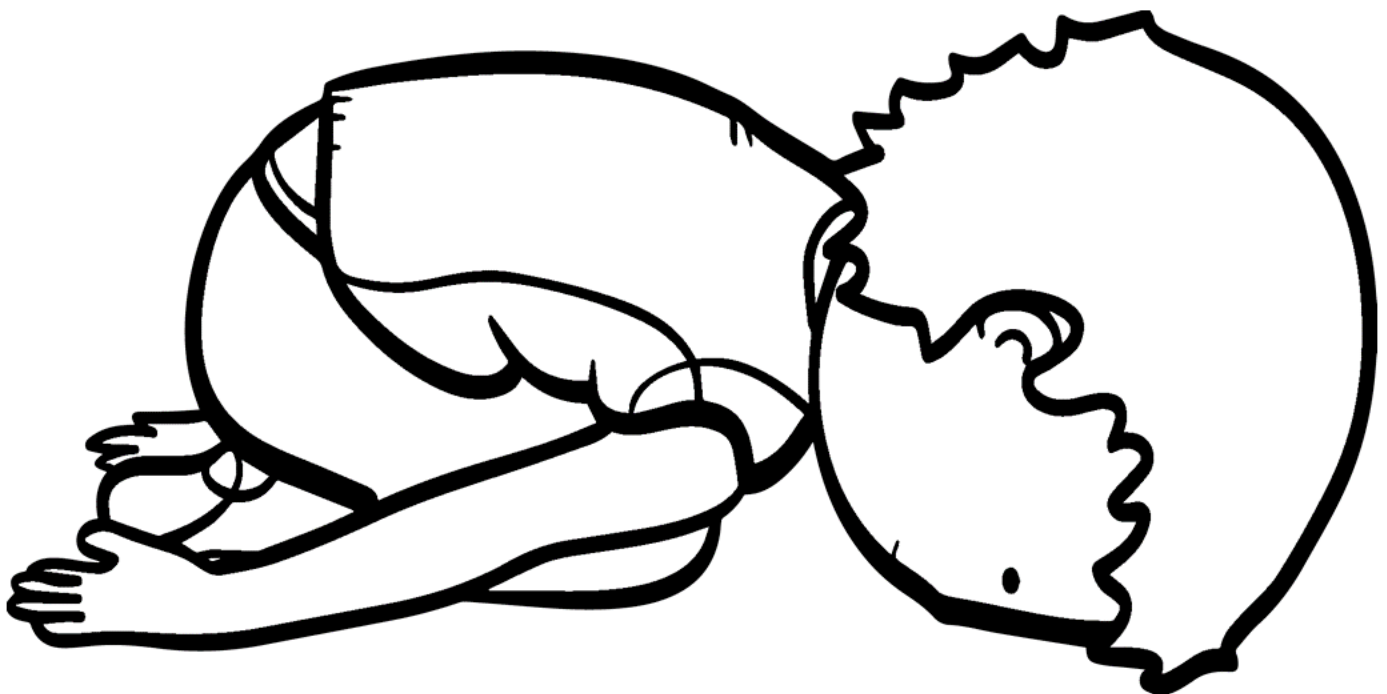
Lie on your belly and place palms flat next to your shoulders. Press and lift your head and shoulders off the floor.



Yoga

Child's Pose

Sit back on the heels and slowly bring the forehead down in front of the knees. Rest the arms alongside the body.





Mindful

Me



This is the **Mindful Technique** I like the most:

This is the **Mindful Technique** I like the least:

This is the **Mindful Technique** I want to practice more:

When using these **Mindful Techniques** I felt:



SESSION 9

Stress Busters Game

SMALL GROUP
Counseling 
STRESS

Session Objective:

*Students will identify common stressors and coping skills.

Materials:

- *Game Board
- *Game Pieces
- *Game Cards

Guiding Questions:

- *Why is it important to understand how stress impacts us?
- *How can using coping skills help improve 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 Skills: Effective coping skills. (B-SMS 7)
 - *Behavior: Self-Management Skills: Ability to manage transitions and adapt to change. (B-SMS 10)
 - *Behavior: Social Skills: Leadership and teamwork skills to work effectively in diverse groups. (B-SS 7)
- ### SEL Competencies:
- *Self-Management: stress management.
 - *Responsible decision-making: solving problems, analyzing situations, evaluating.
 - *Relationship skills: relationship building, teamwork.

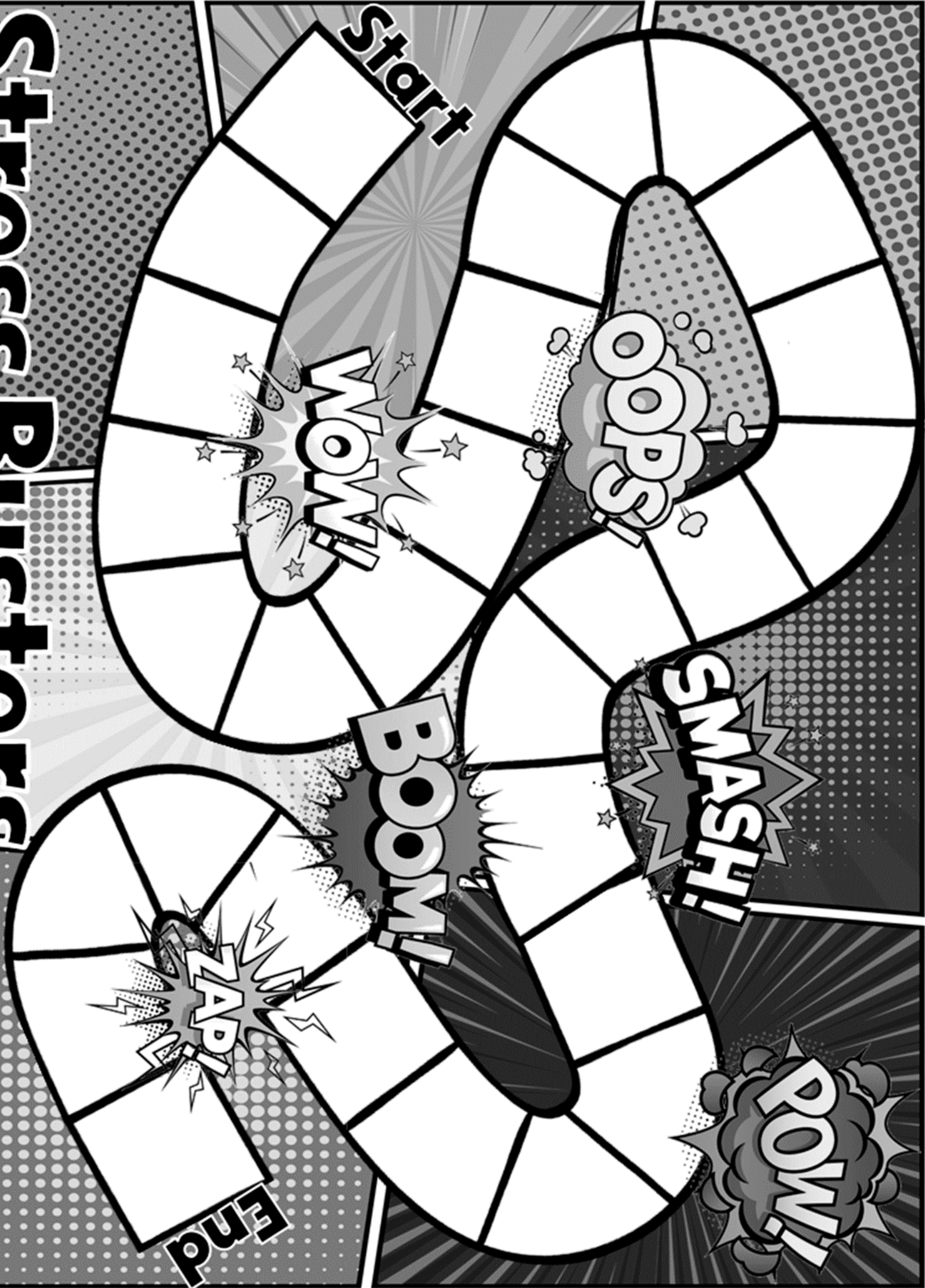
Session Details (about 30 min):

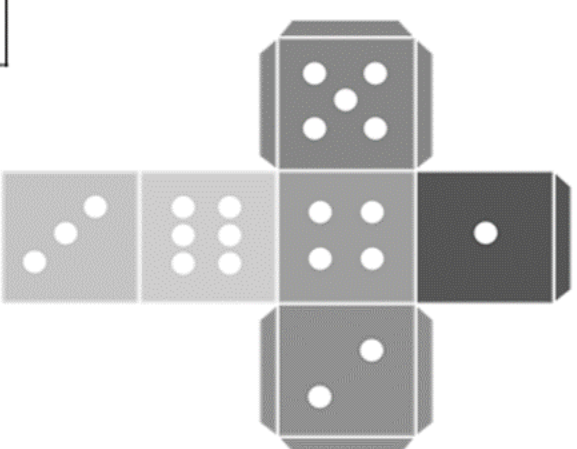
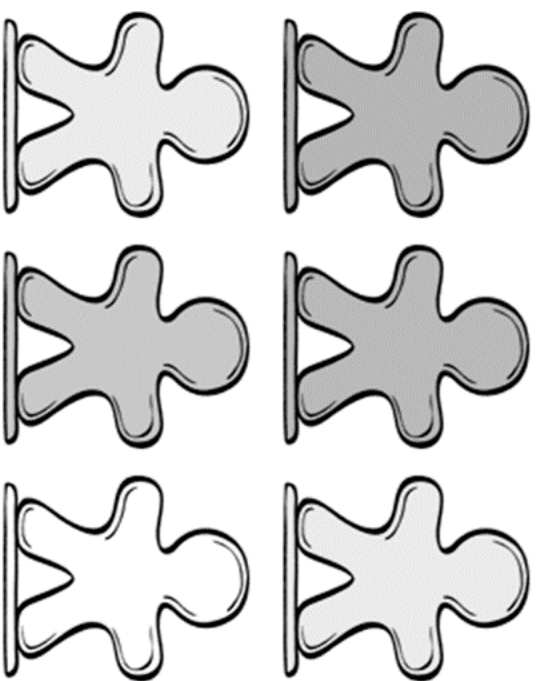
*Say "Welcome back to the group, as I mentioned in our previous session, today is the last session our group will be meeting for. We have learned so much together and I will miss meeting with all of you. For our last session, I wanted to re-cap all of what we have discussed and in a fun way, so we are going to play a game.

*Stress Busters Game: Place the Stress Busters Board Game on the table, I recommend using your own dice and player pieces from a board game you already own but you can also use the ones provided by printing and cutting them out. Use cardstock paper so the pieces and dice have more weight to them, if you can. Roll the dice to see who goes first, highest number goes first and the game proceeds clockwise from the dice roll winner. Students will move pieces along the board by rolling the dice. Wherever they land, they pick up a card and read the card out loud. If they provide a reasonable response, they get a point. At the end of the game, I usually give them one candy for each point so the more they answer, the more candy they get. You can also use pencils, erasers, or other goodies as incentives or even not have one and just see who can get the most points. I prefer to not put the kids against each other to allow for a more positive environment for them to want to share their thoughts and opinions. The goal of the game is to have a discussion about stress management, coping skills, and to enable self-reflection. Use the guiding questions on this page to help guide your discussion.

*Have students complete the Post-Survey before they leave group.

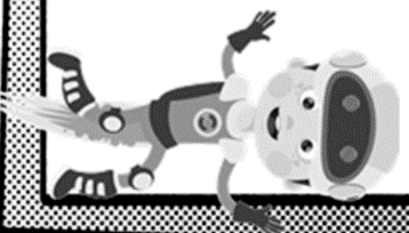
Stress Busters



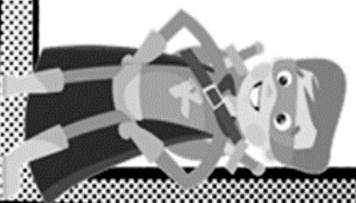


Name	Game Points

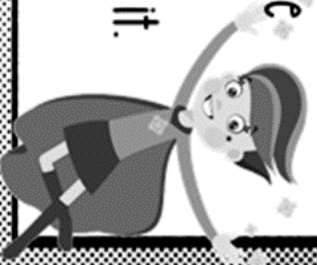
What is stress?



What are some common School stressors?



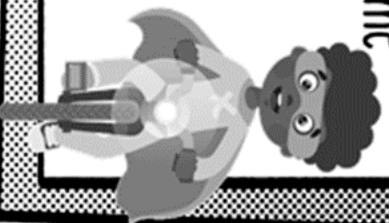
Name a breathing technique and describe it.



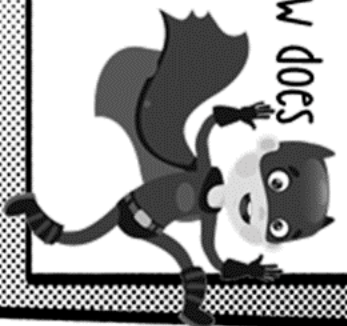
What causes stress?



What are some common Home stressors?



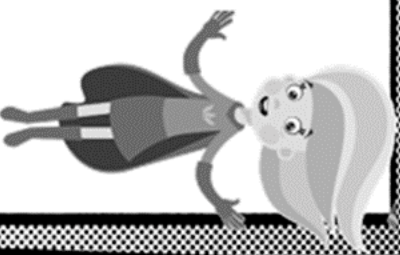
What is meditation and how does it help with stress?



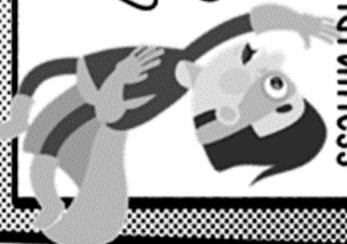
What are some common Social stressors?



What are some common Testing stressors?



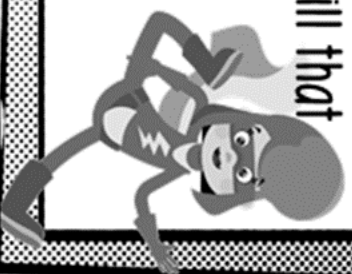
What is mindfulness and how does it help with stress?



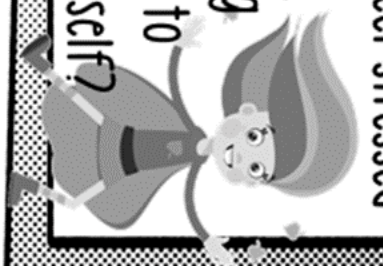
How does slow, deep,
controlled
breathing
help when
stressed?



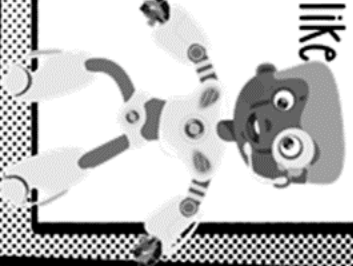
What is one
coping skill that
helps you
when
stressed?



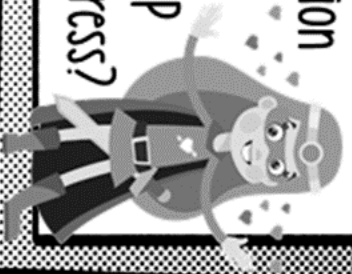
When I feel stressed
what is
one thing
I can do to
calm myself?



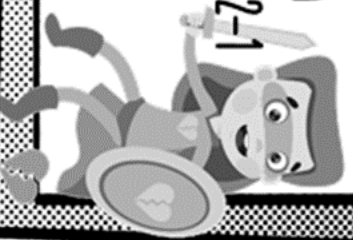
What does your
body feel like
when
stressed?



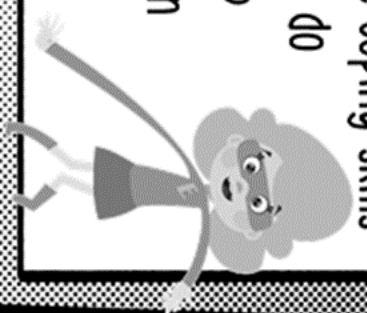
What is guided
visualization
and how
can it help
reduce stress?



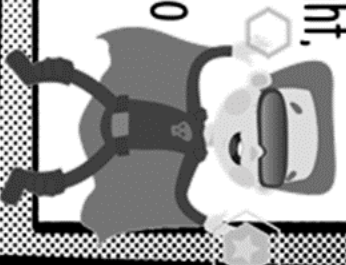
What is grounding
and explain
the 5-4-3-2-1
grounding
process.



What are coping skills
and how do
they help
you when
stressed?



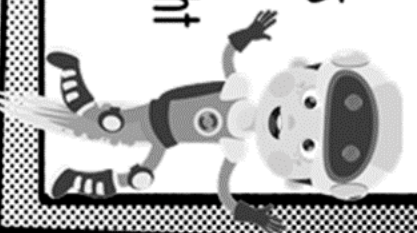
What is the flight,
freeze, fight,
or fawn
response to
stress?



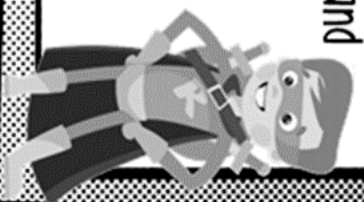
How does yoga
help reduce
stress?



What is one thing that is stressing you out right now?



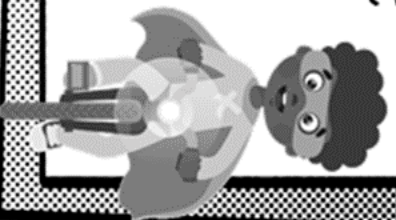
Share a time when you were stressed and used a coping skill to calm yourself.



What is something that consistently stresses you out?



Share a time when you experienced positive stress.



What are coping skills that you have successfully used in the past?



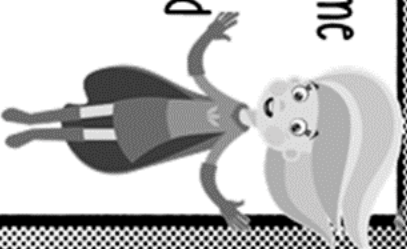
What is a coping skill that you can use at school?



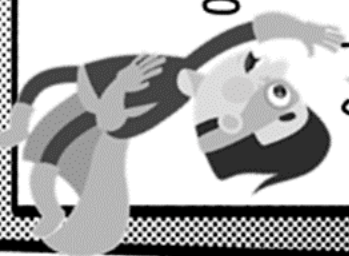
What is a coping skill that you can use at home?



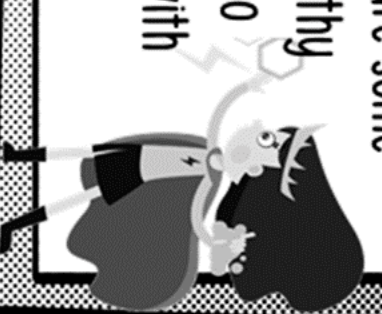
Share a time when you experienced negative stress.



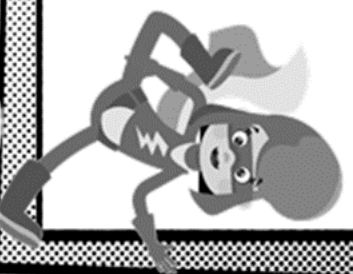
What is a coping skill that you can do outdoors?



What are some unhealthy ways to cope with stress?



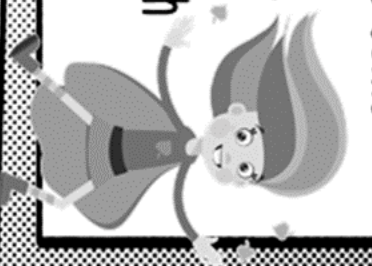
When you see a friend is stressed, what can you do?



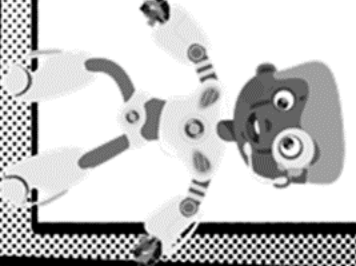
What are some ways to reduce stress?



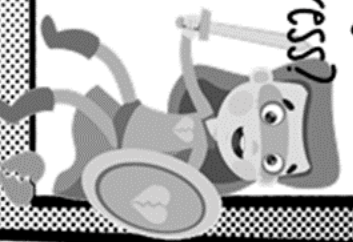
What are some healthy ways to cope with stress?



When you see a parent is stressed, what can you do?



What are physical signs of stress?



Stress often makes us feel out of control, what is one thing you can do to feel more in control?



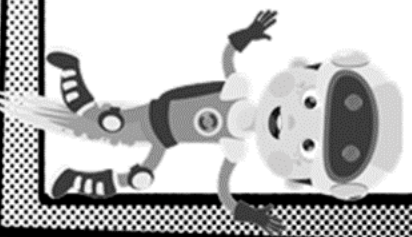
When you see a teacher is stressed, what can you do?



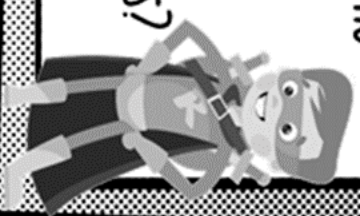
What are behavioral signs of stress?



What are cognitive signs of stress?



What are some positive ways people handle stress?



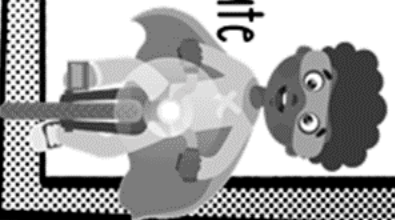
Do the same things stress everyone out? Explain.



What are emotional signs of stress?



What is the difference between acute and chronic stress?



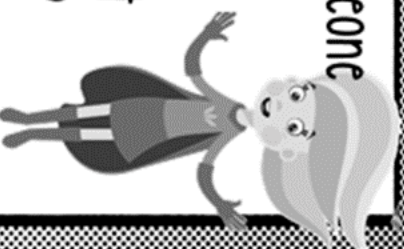
If you are stressed for a long period of time, what is that called?



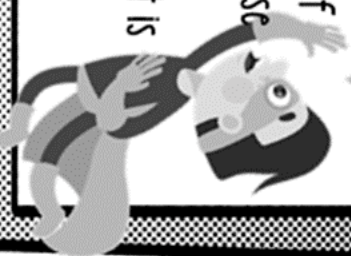
What are some negative ways people handle stress?



When someone is very stressed how might they look?



If you are stressed for a short period of time or because of a situation or event, what is that called?



Stress Busters

**Use
coping
skills.**

**Ask for
help.**

**Know how
to prevent
stress.**

BOOM!

ZAP!

**Know their
stress triggers.**

**Recognize
when their
body feels
stressed.**

SMASH!

WOW!

**Understand
the difference
between
positive and
negative
stress.**

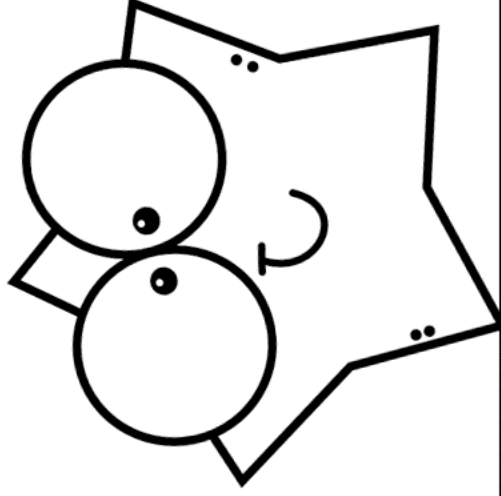
POW!

**Know where
stress comes
from.**

This Certificate is awarded to

for being a

STRESS MANAGEMENT SUPERSTAR



Signature

Date

GOOGLE SLIDES

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

1 Click on each link  [All About Stress](#) [School Stressors](#)

[Home Stressors](#)

[Social Stressors](#)

[Testing Stressors](#)

[Coping Cart](#)

[Mindful Me](#)

[Stress Busters Game](#)

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.

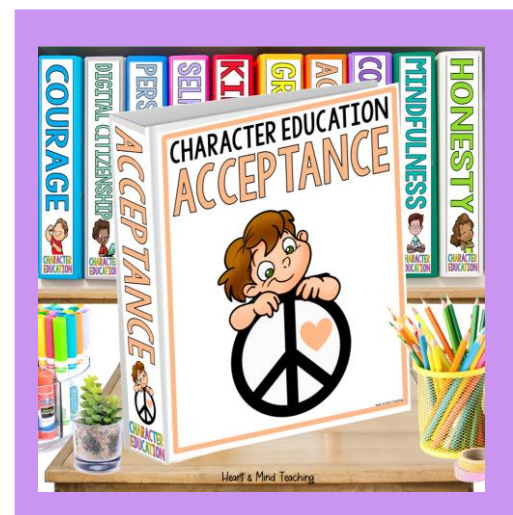
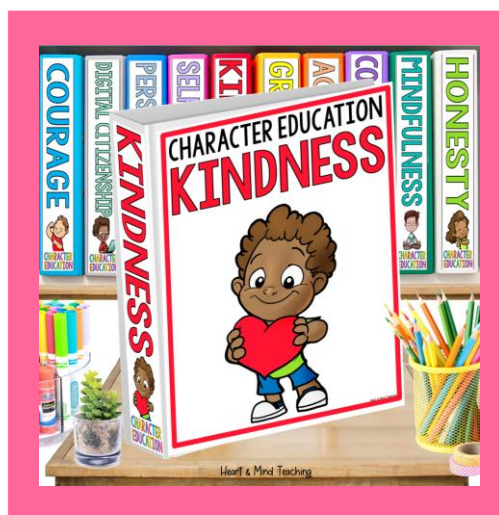
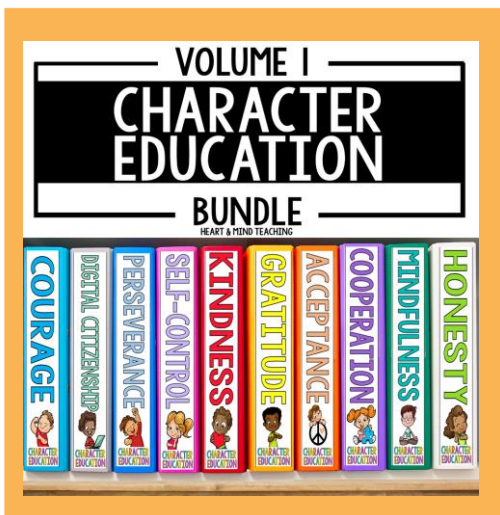
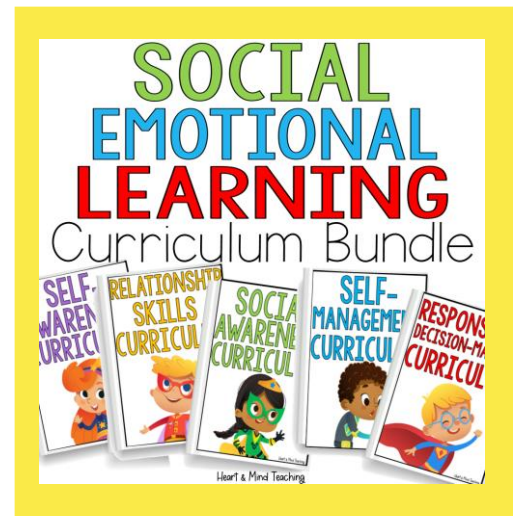
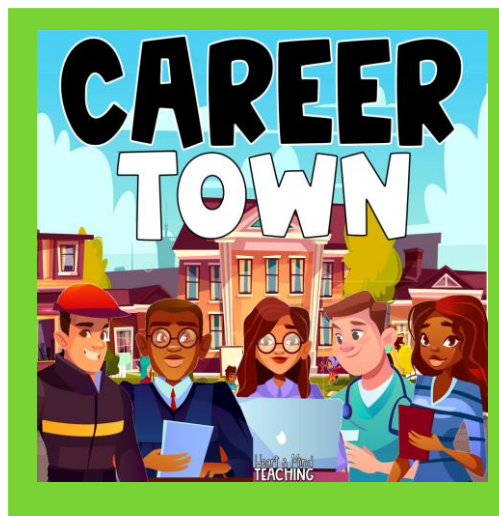
Helpful links for using Google Classroom:

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

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

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



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Collab
— with Laura & Ashley —



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- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
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- ♥ 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.

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Ashley

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