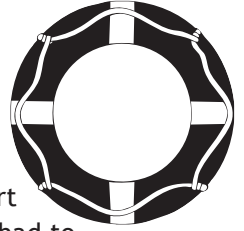




Stress SOS!

Part A: Imagine if you had a big game after school, then you had to study for a history test, write a poem that's due in English, and go to choir practice that night. Or maybe that favorite shirt you wanted to wear for the school picture wasn't clean, and you were late to school because you had to wash it. Think about a stressful experience you've had that's related to school. Describe that stressful situation below and include how the situation made you feel. **Don't write your name on the paper.** Then give this handout to your teacher.



I felt school-related stress when:



Part B: Read your classmate's stressful situation above, then write one or two stressbuster techniques that could have helped ease the stress in that situation:

1.

2.