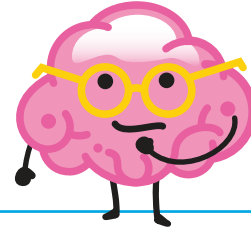


About Stress - Level 1 Activity Handout



Video Viewing Guide

Do Now: Write 1-2 sentences in the box below in response to the question -
What makes you feel stressed? How do you feel when you are stressed?



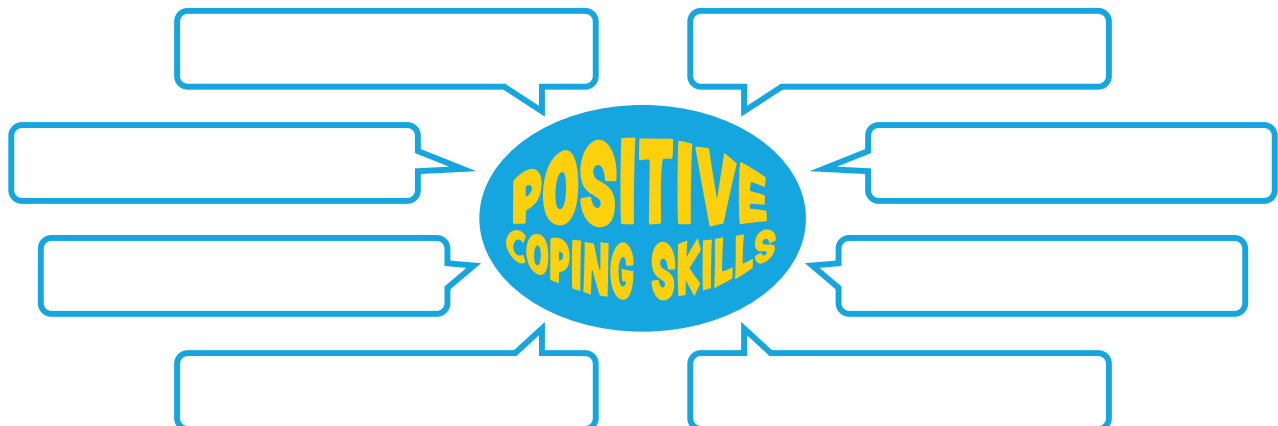
Fill In The Blank

"If our brain thinks something is _____, we may act out in frustration or _____."

When you are stressed, use **HALTS** - ask your yourself, "**Am I.....**"

H _____
A _____
L _____
T _____
S _____

Complete the graphic organizer by summarizing Positive Coping Skills in 2-3 words.



Stop and Think...

CFU #1 - Describe the difference between good stress and bad stress.

Stop and Think...

CFU #2 - How can "HALTS" help you when you are stressed? (3:41 in the video)

Write About it Prompt

Directions: Write 5-10 sentences in response to the following question.

Use the box at the bottom to draw out your thoughts.



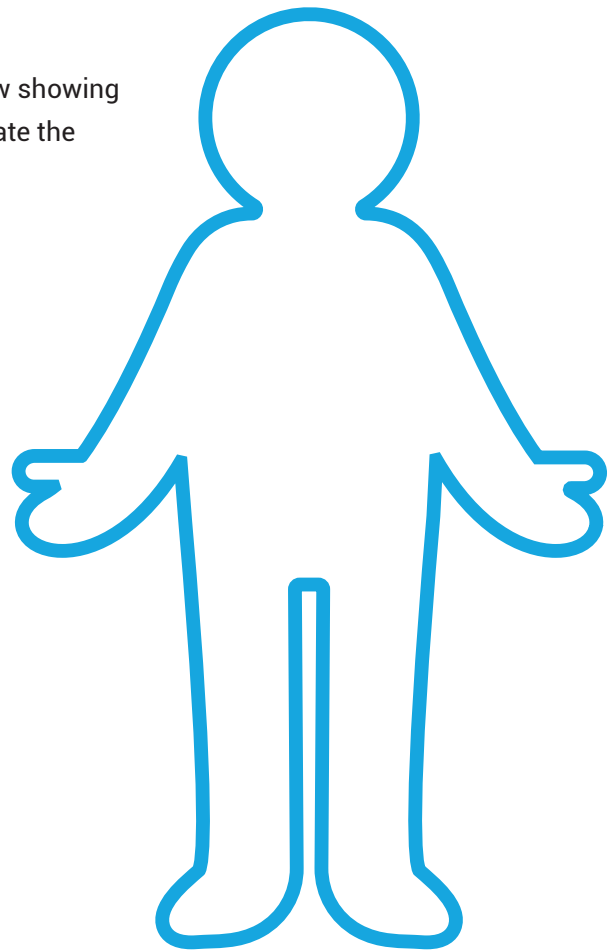
Write about a time you were stressed and did not use a positive coping skill, what was the outcome? Then, write about a time you were stressed and did use a positive coping skill. How was the outcome different?

Activity #1 - Independent Practice

Directions: Use the Word Bank to add words to the image below showing how you feel when you are stressed. Add more words or illustrate the person to describe how you feel.

WORD BANK:

Tingling	Cold	Shaky
Sweaty	Numb	Tired
Hot	Pain	Foggy



Activity #2 - Group Activity

Directions: In your group, complete the graphic organizer by filling it in with some of the positive and negative effects of stress. Label which are positive, and which are negative. Then, as a group, write one paragraph summarizing Positive Coping Skills people can use when they are stressed.



Activity #3 - Extended Learning

Directions: Talk to your family about how they deal with stress and jot some ideas down below:

Family Member/Friend	Their Coping Skills

Brain Quiz

- True or False:** Stress is always bad and should be avoided
- Which part of your brain turns on when you are stressed?
 - The Frontal Lobe
 - The Limbic System
 - The Brake
 - All of the above
- HALTS** means checking in and asking yourself if you are...
 - Hungry
 - Lonely
 - Tired
 - All of the Above
- Which of the following is **NOT** a positive coping skill?
 - Not talking about your stress and just trying to ignore it
 - Drawing or painting in a journal
 - Exercising
 - Deep Breathing
- Free response:** Describe some of the negative effects of stress - _____

