

Pressure Pro



What is Managing Stress?

Managing stress means using tools like deep breaths, asking for help, or taking a break when you're feeling upset or overwhelmed.

Manage Stress
2nd-3rd grade

✓ Our bodies tell us when we're feeling stressed. Check the signs YOU feel when stressed or worried:

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Heart beats faster | <input type="checkbox"/> Stomach feels funny | <input type="checkbox"/> Breathing gets faster | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Face feels hot | <input type="checkbox"/> Hard to focus | <input type="checkbox"/> Feel like crying | <input type="checkbox"/> Feel tired |
| <input type="checkbox"/> Muscles get tight | <input type="checkbox"/> Feel like running | <input type="checkbox"/> Can't sit still | <input type="checkbox"/> Feel angry easily |

○ Different things cause stress for different people. Circle the things that sometimes cause YOU stress:

- | | | | |
|---------------------|----------------------|----------------------------|-----------------------|
| Tests or schoolwork | Making mistakes | Being late | Fighting with friends |
| Too many activities | Loud noises | Speaking in front of class | |
| New situations | Being away from home | | |

Deep Breathing Practice

Try this breathing exercise right now to help you feel less stressed:

- 1. Breathe in through your nose for 4 counts (1-2-3-4)
- 2. Hold your breath for 2 counts (1-2)
- 3. Breathe out through your mouth for 6 counts (1-2-3-4-5-6)
- 4. Repeat 3 times

How do you feel after doing this breathing exercise?

In your mind, picture a place where you feel calm and safe. Draw your calm place.


What do you see in your calm place?

What do you hear in your calm place?

What do you feel in your calm place?

Managing Stressful Thoughts



 When we're stressed, our thoughts can make us feel worse. Draw a line to match each worried thought with a better thought:

"I can't do this!"

"Some things are hard, but I can handle it."

"Everything is going wrong!"

"I have people who care about me."

"What if I make a mistake?"

"Everyone makes mistakes. That's how we learn."


"No one likes me."

"I'll try my best."



 Draw a picture of how you could help a friend who is feeling stressed:

What words you could say to help them feel better:

 Who helps you feel better when you're stressed? Draw or write their names:

At Home


At School

Other places

 Draw a picture of how you could help a friend who is feeling stressed:

What words you could say to help them feel better:

My Stress Plan

 It's important to take calm breaks every day, even when you're not stressed!
I will take a 5-minute calm break: (circle one)

In the morning before school

During school when I need it

Before bedtime

After school

During my calm break, I will:

 Complete this sentence:

When I feel stressed, I will first

Then I will

If that doesn't work, I will
