

Pressure Pro



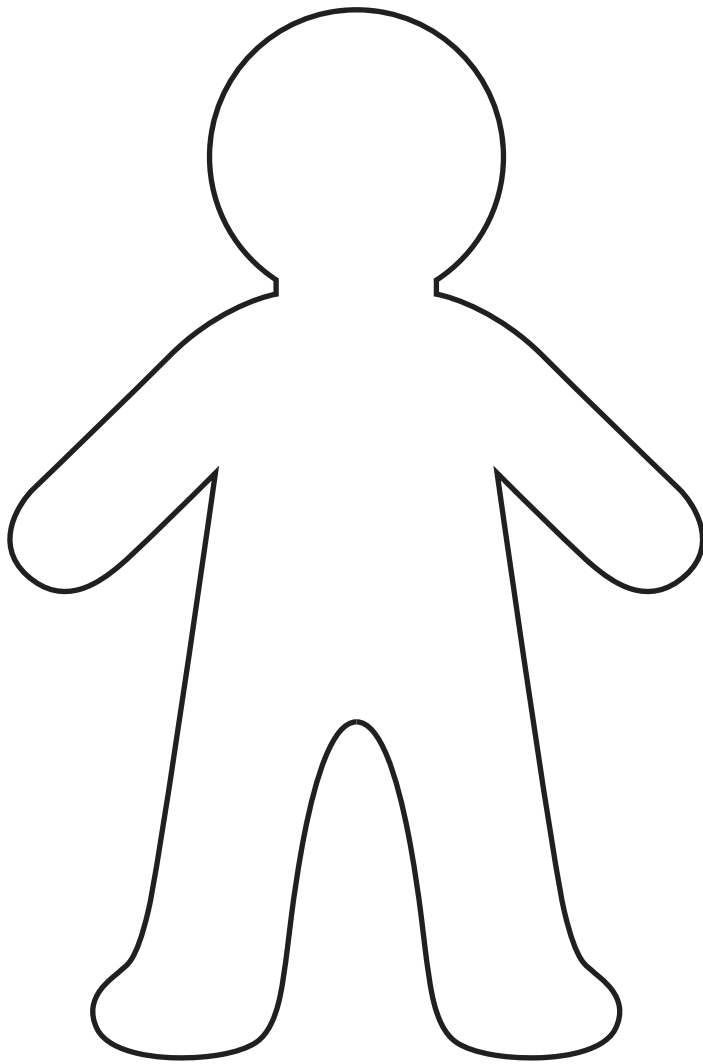
What is Managing Stress?

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

Manage Stress
K-1st grade




Color the places on the body where you might feel stress or worry:



☐ Circle the ways YOUR body feels when you are worried or stressed:

- Heart beats fast
- Wanting to hit something
- Tummy hurts
- Breathing gets fast
- Face feels hot
- Muscles get tight
- Hands shake
- Hard to sit still

Stress Signals

 Draw a line to match the feeling with the face:



Calm and relaxed

A little worried

Frustrated

Super Upset

What Makes You Feel Worried?

Draw a picture of something that sometimes makes you feel worried or stressed:

○ **Helping Others Feel Calm**

Circle what you could say to help a friend who feels worried:

"Don't be a baby!"

"Would you like to take some deep breaths with me?"

"I'll stay with you until you feel better."

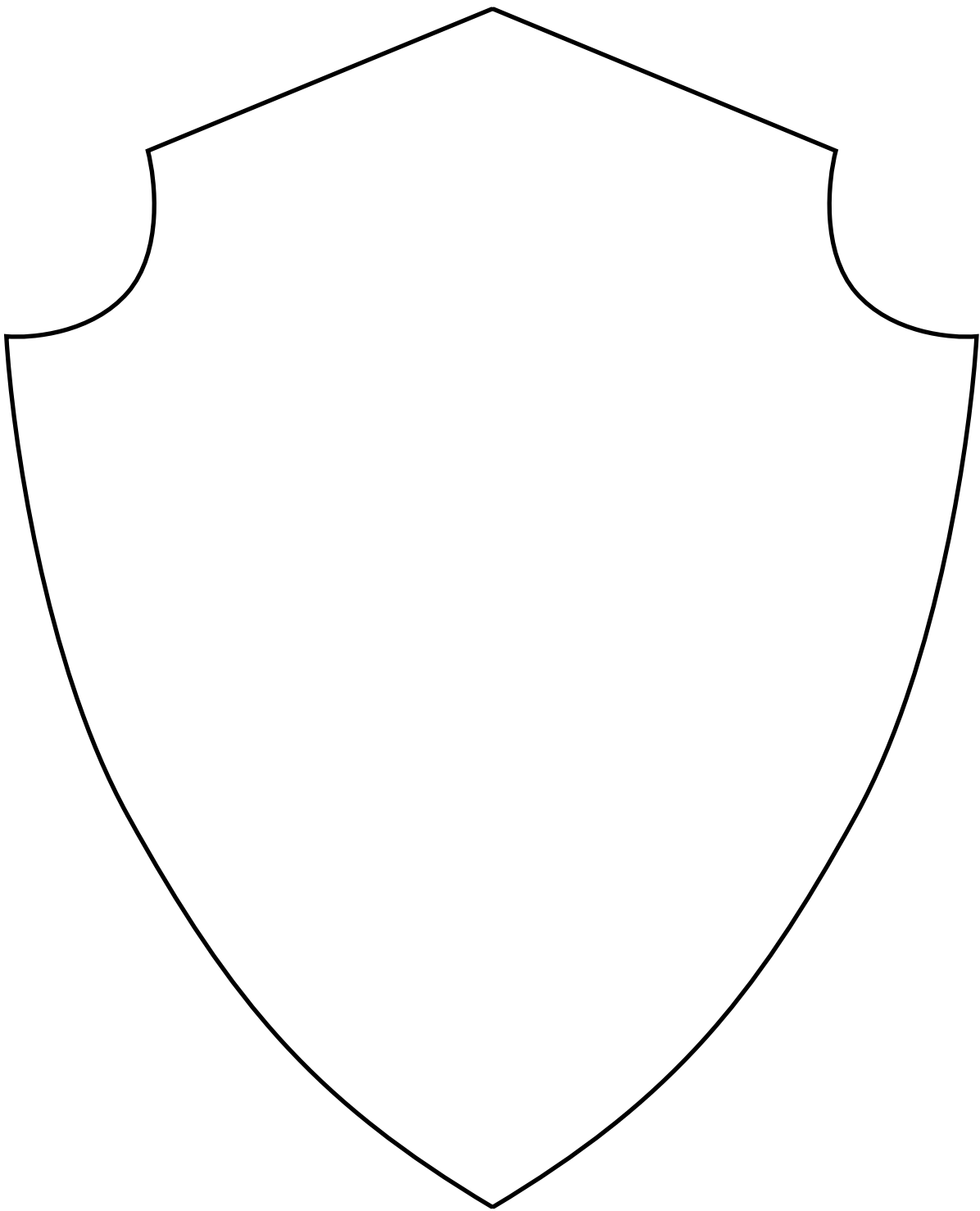
"Just forget about it!"

"Can I help you?"




My Calm Commander Shield

Decorate or color your very own Calm Commander shield!



My Calm Place

 Draw a place where you feel calm and safe:

What makes this place calm and safe? _____

