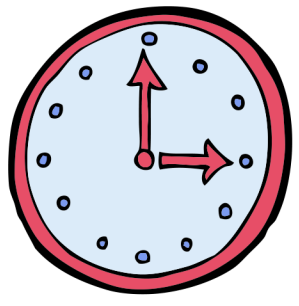
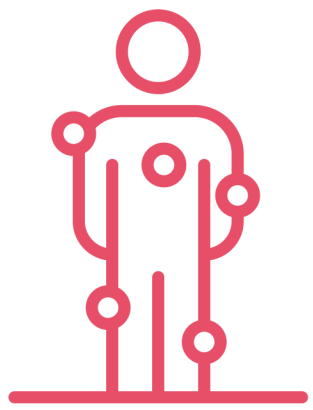


STRESS EXPLAINED: ELEMENTARY EDITION



Times when my stress response shows up:

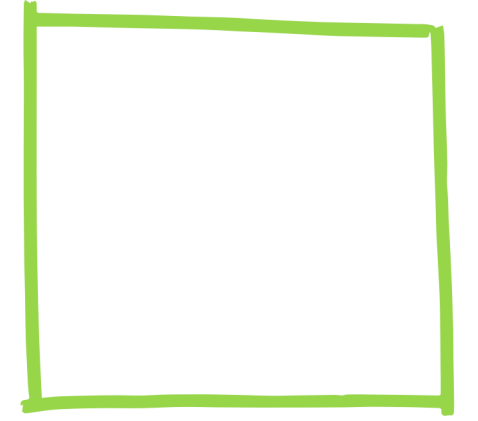


How my stress response feels in my body:

Which strategy do you prefer?
(please circle)



starfish breathing



box breathing

My other awesome calm down strategies:

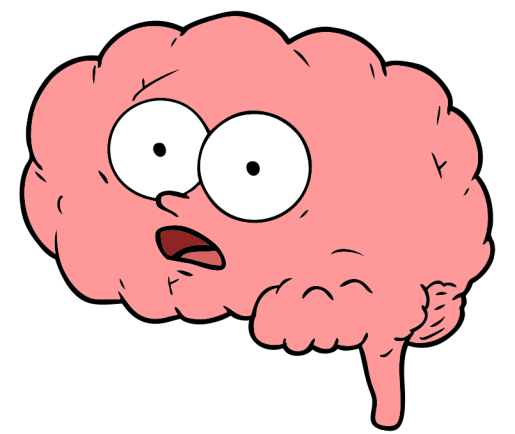


Who are your trusted adults you can go to in times of stress?



Thinking about stress

A not-so-helpful thought about my stress:



A more helpful thought about my stress:

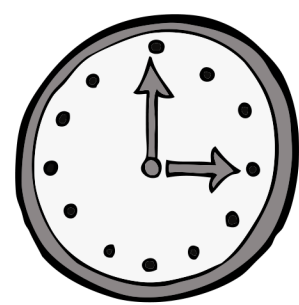




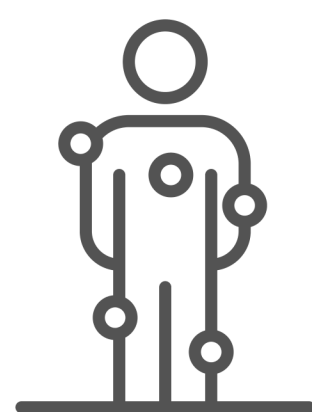
A supplementary activity to accompany this video about stress:

<https://www.youtube.com/watch?v=k8FiAxAgqYE>

STRESS EXPLAINED: ELEMENTARY EDITION



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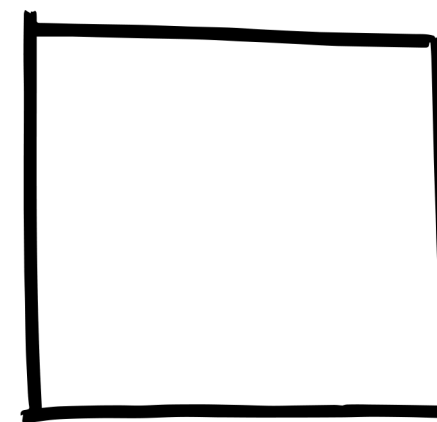


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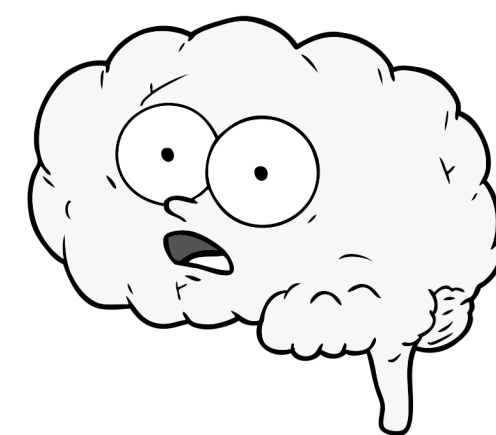
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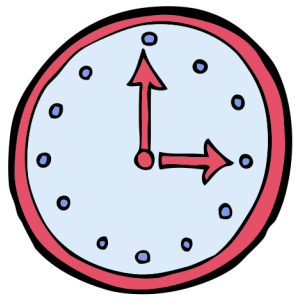
A more helpful thought about my stress:



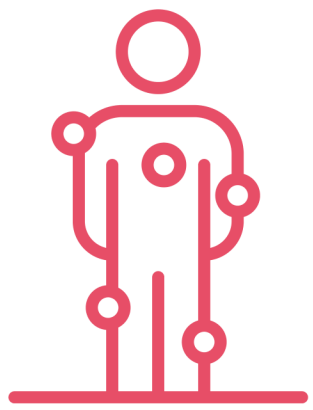


A supplementary activity to accompany this video about stress:

<https://www.youtube.com/watch?v=k8FiAXAqqYE>



Les moments où ma réponse au stress apparaît:

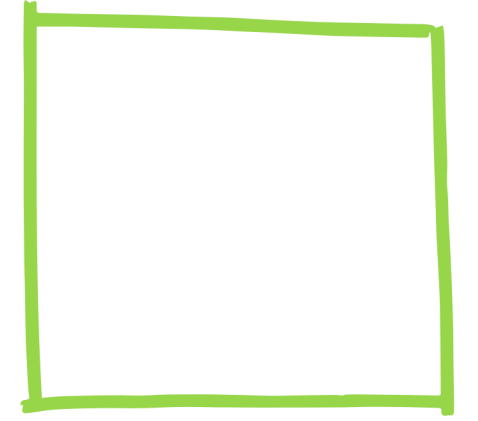


Comment ma réponse au stress se sent dans mon corps:

Quelle stratégie préférez-vous?
(veuillez encercler)

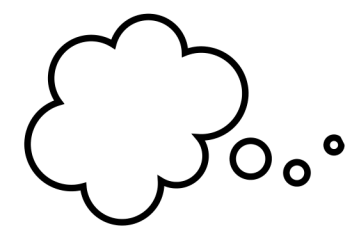


respiration d'étoile de mer



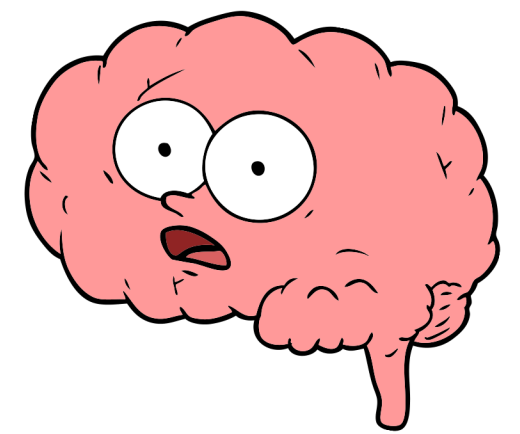
respiration de boîte

Mes autres stratégies géniales pour me calmer:



Penser à mon stress

Une pensée pas très utile sur mon stress:



Une pensée plus utile sur mon stress:



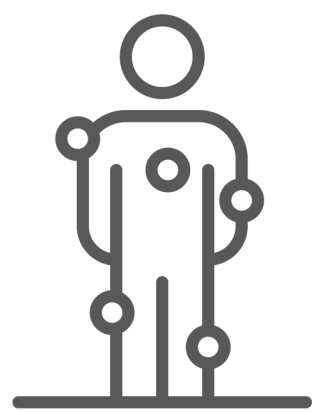
Quels sont les adultes de confiance vers lesquels vous pouvez vous tourner en cas de stress?



LE STRESS EXPLIQUÉ- ÉDITION ÉLÉMENTAIRE



Les moments où ma réponse au stress apparaît:

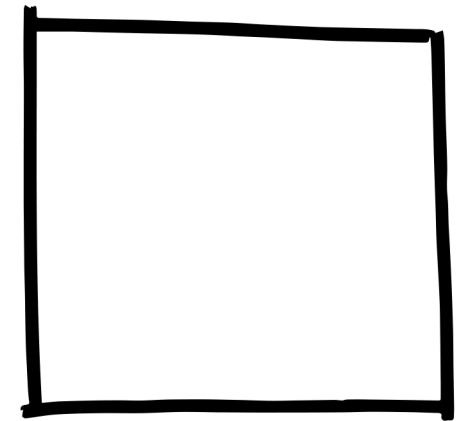


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respiration d'étoile de mer

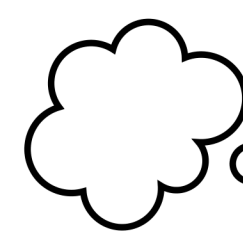


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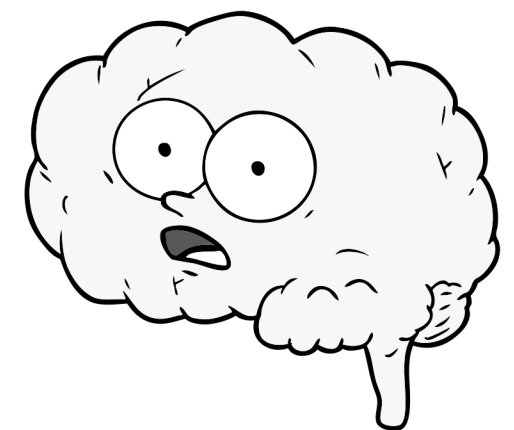


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Une activité supplémentaire pour accompagner cette vidéo sur le stress:

<https://www.youtube.com/watch?v=k8FiAxAgqYE>