

A Self-Exploration Workbook to Help Children
Understand Stress and “Weather” Stressful Situations



STRESS



OUT

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STRESS OUT

Softcover ISBN: 978-1-57543-306-6

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Published by Mar*co Products, Inc.
214 Kale Road
New Bern, NC 28562
1-800-448-2197
www.marcoproducts.com

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Printed in the U.S.A.

Introduction

Stress Out helps children to understand how they react to stress, what causes them stress, and teaches children ways to help control stress so that stress doesn't control them.

In a perfect world, children would see the adults in their world respond to stressful situations in calm, confident, and positive ways. However, it is obvious through news stories and headlines that we do not live in a perfect world. People are losing control in stressful situations, and sometimes in detrimental, destructive, or dangerous ways.

Unfortunately, children often feel stressed out. What they may not be as familiar with is what it feels like to be calm and in control. Children need to know that there are healthy ways to handle stressful situations. If children practice these techniques, they will be able to use them when needed. Learning how to handle stress is an important life-skill that will not only help children now, but throughout their lifetimes.

Children are never too young to learn how to get their ...
STRESS OUT

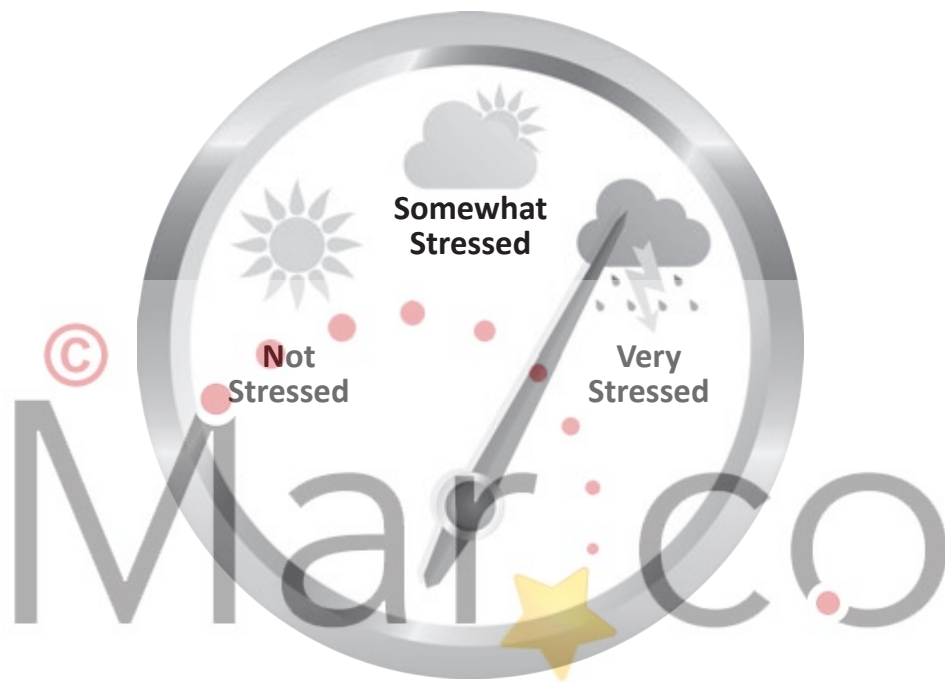
Stress Out

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You have learned to recognize your physical and emotional signs of stress.
Now let's explore what might cause you to feel stressed out.

**A weather barometer measures
rising and falling atmospheric pressure.**

**A stress barometer measures situations that
might make YOU feel pressured or stressed.**



Let's explore how you
“weather”
situations that might be stressful ...

Focus on yourself, your home, and school.

Write a sunshine (something positive) you are experiencing on each sun.
In each cloud, write a difficulty or negative situation you are experiencing.



My Support System

Look at the names below. If you believe you can count on the person to support you, color the sun yellow.

Dad Mom Brother Sister

Cousin Aunt Uncle

Grandparent Teacher Coach Counselor

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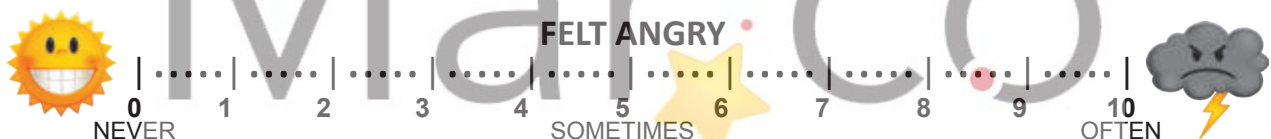
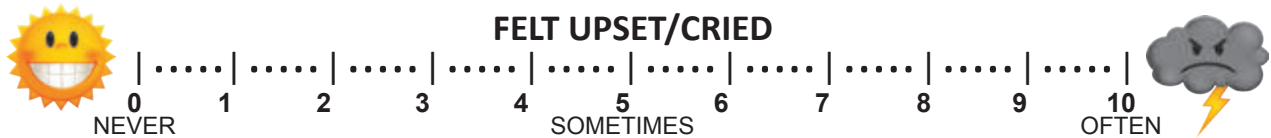
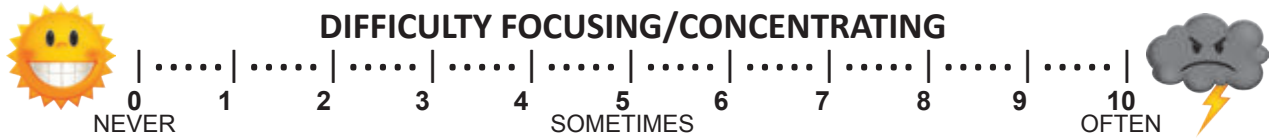
Is there anyone else that is part of your support system?

THE FOLLOWING SAMPLES
ARE REPRODUCIBLE/PRINTABLE PAGES
INCLUDED ON THE CD-ROM

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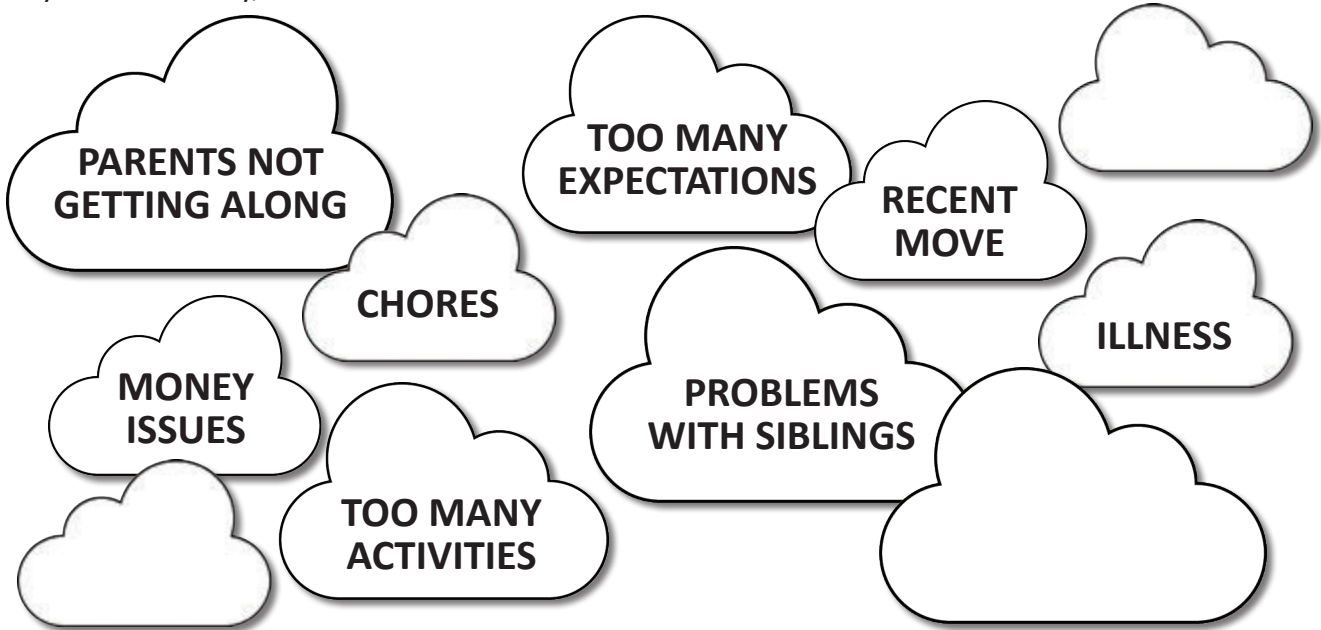
Sometimes we have emotional reactions to stress.

Look at the possible emotional reactions to stress listed below. Have you ever had any of these reactions when you were stressed? Mark an **X** on the line to indicate how often you have each reaction.



Stress at Home/In Community

Read the situations listed below. Color the cloud of each situation that causes you stress at home or in your community. If there are other situations that cause you stress at home or in your community, write them in the blank clouds.



What is the biggest stress you experience at home or in your community? _____

Why is it your biggest stress? _____

Where in your body do you feel this stress the most? _____

What does the stress feel like? _____

Draw a pointer on the stress barometer to show how your biggest stress at home or in your community makes you feel.





Every Cloud has a Silver Lining

The common expression “every cloud has a silver lining” means that even in difficult situations there may be a brighter side to the problem. So remember, stressful or hard times are like dark clouds that block the sun. And every cloud has a silver lining, so don’t feel defeated or hopeless. Things can change for the better. Look for the “silver linings” when problems are causing you to feel stressed.

Do not let stressful feelings control your life.

Bubble Breaths

Take a long, slow breath in through your nose for a count of 5. Then slowly exhale, blowing your breath out for a count of 5. Then, if you have bubbles to use, blow them. Try and blow the biggest bubble you can. While you can't blow bubbles in your classroom when you are stressed, you can practice the bubble breath technique anywhere at any time!

REMEMBER:

STRESS  **OUT**

Blow
your stresses
away!

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What is
stressing you out?

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Why is this
stressing you out?

SO NEXT TIME YOU ARE STRESSED OUT,

Remember: Conquer your stressful feelings!

S = Stay Positive

T = Think Before Reacting

R = Relaxation Techniques

E = Exercise

S = Self-Expression

S = Support System