

## Stress Less!

Complete the Stress Level Chart below.  
Add in your own ideas in the blank boxes.

Stress Level	How it Looks	Description	How it feels	What can you do
Level 1			Calm and content	Take a deep breath and think about something you love.
Level 2		Still okay but a little bit uneasy		Talk to a friend or take a short break to relax.
Level 3		Neutral, neither happy nor sad	Some stress or discomfort	Use calming techniques like counting or taking slow breaths.
Level 4		Unhappy and stressed	Feeling overwhelmed or upset	
Level 5		Very unhappy and stressed	Extremely overwhelmed or anxious	Seek help from a teacher or trusted adult, practice deep breathing, or take a break in a calming space.



### FAMILY CONNECTION!

Ask your student where they want to hang up their "Stress Level Chart" so you can both see it when they need it!

**A summary of today's lesson!**