




Stress Less!

Complete the Stress Level Chart below.

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.



CAREGIVERS!

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!