

Stress Lesson Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Stress Lesson.

1. What is stress?

2. List three examples of things that can cause stress for kids your age.

a. _____

b. _____

c. _____

3. List two healthy ways to deal with stress.

a. _____

b. _____

4. List two adults you can go to if you need help dealing with stress.

a. _____

b. _____