



LET THE STRESS OUT

Make a list of things that are stressing you out in the different areas mentioned below.

FAMILY

SCHOOL

A large, empty rectangular box with a thick red border, intended for writing stressors related to family. A cartoon illustration of a boy in a yellow shirt and green pants, looking stressed with his hand to his forehead, stands at the bottom left corner of the box.

A large, empty rectangular box with a thick blue border, intended for writing stressors related to school. A cartoon illustration of a boy in a yellow shirt and blue pants, looking stressed with his hands to his face, stands at the bottom right corner of the box.

FRIENDS

OTHER

A large, empty rectangular box with a thick yellow border, intended for writing stressors related to friends. A cartoon illustration of a girl in a green shirt and white skirt, looking stressed with her hands on her head, stands at the bottom left corner of the box.

A large, empty rectangular box with a thick teal border, intended for writing stressors related to other areas. A cartoon illustration of a boy in a white shirt and blue pants, sitting on the ground and hugging his knees, looking sad, stands at the bottom right corner of the box.

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