










You are under stress - you may be feeling “hassled” or “bugged” by parents, teachers, and school administrators to change your behaviour.

Select one from each row (check the box). From the options listed below identifying which option in each row you think would give you the most immediate relief from stress. In the grey boxes list three other things you do or could do to chill out and reduce your stress, check one identifying the best thing for you to do to relax. (See reverse side if you are stuck for ideas of things to do that may be relaxing.)

<p>Kayaking <input type="checkbox"/></p> 	<p>Rock Climbing <input type="checkbox"/></p> 	<p>Hiking <input type="checkbox"/></p> 
<p>Eating a favorite snack <input type="checkbox"/></p> 	<p>Listening to a favorite song <input type="checkbox"/></p> 	<p>Watching a funny video <input type="checkbox"/></p> 
<p>Reading about emotions <input type="checkbox"/></p> 	<p>Doing an activity about emotions <input type="checkbox"/></p> 	<p>Talking about emotions <input type="checkbox"/></p> 
<p>Your stress reducing activity <input type="checkbox"/></p> <hr/>	<p>Your stress reducing activity <input type="checkbox"/></p> <hr/>	<p>Your stress reducing activity <input type="checkbox"/></p> <hr/>

See reverse side of page for ideas of stress reducing activities.

Everyone does different things to relax:

- Spending time in quiet
- Visiting a friend
- Gardening
- Yoga/exercise
- Breathing exercises
- Singing
- Meditation
- Prayer
- Going to Church
- Having a hot bath
- Burn incense
- Get a back massage
- Reading comics or books
- Talking with a caring person
- Writing in a journal or diary
- Skateboard - cycle- scooter -roller blade
- Dance
- Watch netflix or other streaming tv
- Watch a movie
- Play with a pet
- Volunteer
- Yodel
- Do headstands
- Walking in nature
- Play Video games
- Playing a recreational sport
- Playing games on phone
- Cleaning toilets (kidding)
- playing music
- playing board games
- Telling jokes