



**I Am So Stressed Out!!! (🌈 An Emotional Health Story)
(4th Grade – 9-10 yrs.)
Brainstorm: Stress Less Wall**



STORY CONNECTION SLIDE 10 (Approx Time: 5-10 mins)

It is okay to get a little nervous or anxious before stressful situations – like taking a test, or playing in a soccer game, or trying to work in a classroom that is too loud. Getting a little stressed only means that you care enough to do your best and your brain is getting your body ready to do what you need to do. If you have prepared for these situations, then you should not get too stressed out. You can have control over the situation. When you realize that you have control over stressful situations, then you will be motivated to do what you need to do, and you can be happy with yourself whatever the outcome. This will help your brain stay healthy.

Materials needed:

- Masking/painters' tape OR a large sheet of butcher paper
- Post-it notes
- markers

Preparation needed:

- Determine where the Stress Less Wall will be placed in the room.

Instructions:

1. In this activity, student(s) will share their own ways of handling stress with their peers with hopes of giving others more tools for their toolboxes when it comes to stressful situations.
2. Tape off a large rectangle or tape a large sheet of butcher paper to the wall.
3. Review with student(s) by asking them some of the ways they have learned to handle stress.
 - Student(s) might say certain breathing exercises, music, a special place they go to make them feel relaxed, etc.
4. Give student(s) several post-it notes.
5. Ask them to write down ideas of what they do to “stress less.”
 - They should not put their names on them.
 - It can be anything if it is appropriate.
 - Ideas might be to go for a bike ride, draw, make cookies, scream into a pillow, talk to an imaginary friend, etc.
6. Explain to student(s) that this activity is just the start of the stress less wall. The wall will stay up and can be added to and borrowed from as needed. It is always helpful to learn about new ways to cope with stressful situations. The stress less wall provides a lot of new ideas.

7. In closing, remind student(s) that in addition to being prepared for stressful situations, it is good to have techniques that work for them to help them stay calm and be their best. The ideas shared in this activity will allow student(s) to have a myriad of ways to have control over stressful situations and this will help their brains stay healthy.

Activity Idea Credit: https://www.changetochill.org/wp-content/uploads/2018/08/Stress_Less_An_Action_Guide_for_Teens.pdf