



**I Am So Stressed Out!!! (🌈 An Emotional Health Story)
(4th Grade – 9-10 yrs.)
Worksheet: Control or Not Control?**



STORY CONNECTION SLIDES 9, 11-12 (Approx Time: 25-30 mins)

If you can identify situations that cause you stress and then figure out which ones you can control, then you can probably eliminate a lot of that stress. This will protect your emotional brain. Coming up with practical ways that allow you to control your response to stress will help you to feel better and will help your brain stay healthy. Now, remember there will always be some situations that you cannot control. These are situations where you do not have control and they can be very stressful. When you are in a stressful situation that you cannot control, you need to realize that even though you cannot change the situation you can control how you respond to the stress.

Materials needed:

- Alexander and the Terrible, Horrible, No Good, Very Bad Day Read Aloud Read Aloud by Judith Viorst
Video Link:
 - <https://www.youtube.com/watch?v=IWLYGbYOoRs> (6:39)
- Equipment to show online video (optional)
- *Alexander and the Terrible, Horrible, No Good, Very Bad Day* book by Judith Viorst
- Worksheet (included below) or paper
- Pencils

Preparation needed:

- Determine if you will read the book or have student(s) listen to the audio (video link).
- Determine if student(s) will use the worksheet.
 - If so, print one copy per student.
 - If not, determine how to display worksheet for student(s) to copy.
- Determine if student(s) will work independently, partners, or small groups.

Instructions:

1. In this activity, student(s) will listen to a classic story and decide if the main character's stressful situations were things he could control or not control.
2. Begin by discussing with student(s) how everyone has a bad day now and then when it seems like everything is going wrong and nothing is going right. When things do not go our way, that can often be stressful.
3. Explain to student(s) that they will hear the story *Alexander and the Terrible, Horrible, No Good, Very Bad Day* and they should listen for situations that could potentially be stressful for Alexander.
4. Read or play the story.

5. Next, pass out the worksheet and explain that as they listen to the story a second time, they are going to be writing down events from the story that could potentially be stressful for Alexander in the "Stressful Events" column.
6. Show the video or read the story again and allow student(s) to fill in this column.
7. After the second reading/viewing, ask student(s) to share some of the events from the story that they included in their column.
8. Explain that in the second column, student(s) are going to decide if the stressful event was something that Alexander could control or not control. If he could control it, they are going to put a C. If it was something out of his control, they are going to put a NC. Student(s) should also give suggestions as to what Alexander could have done to eliminate or reduce the stress in the situation regardless of if they chose C or NC.
***NOTE: This can be completed independently or with a partner or small group. ***
9. When student(s) have had enough time to go through their events and label them C or NC, have student(s) share several of the events they selected and why they labeled it as they did.
10. Lastly, independently, have student(s) choose one of the events they chose from the story that has NOT been shared yet. Have them circle it and then write at the bottom of the page some practical ways that Alexander could have made this stressful situation less stressful.
11. In closing, remind student(s) that there are situations that are going to cause them stress. Some of these they can control and others they cannot control. Coming up with practical ways to help control or lessen stress is good for your brain. For those stressful situations that they cannot control, learning how they react to them will also help the emotional health of their brain.

Name:	Date:
Stressful Events	Control or Not Control
<p>Choose one of the stressful events that has not been shared yet and circle it above. Is this an event Alexander could control or not control? Why?</p>	<p>What are some things Alexander could have done to make this situation less stressful?</p>