What Causes Our Stress?

Lesson #1

We also took a survey about what motivates us.
Why We Do What We Do

Lesson #2

Distraction Challenge

How to Relax

Avoiding Work Challenge

Name: ___________________________ Date: ______________

Read all of the questions before beginning.

1. How old are you? __________
2. What city were you born in? __________
3. What is your favorite subject in school? ________________
4. What is your dream job? ____________________________
5. What do you do for fun? ____________________________
6. What do you do well? ____________________________
7. Don’t answer Question #1. Instead, write your favorite animal on Question #1’s answer line.
8. Did you read the questions before you started answering? ____________ (yes or no)
9. How do you feel about all of the distractions in the room? ________________________________
10. What is your stress level between 1 and 10 (1 being very relaxed, 10 being the most stressed you can be) ________

Name: ___________________________ Date: ______________

1. What is your favorite color? __________
   Count to 100.
2. What is your favorite movie? ________________
   Count to 50.
3. What is your favorite day of the week? ________________
   Count to 75.
4. What is your favorite song? ________________
   Count to 150.
5. What is your favorite sport? ________________
   Count to 50.
Knock Knock
Lesson #3

Poem:

Our stress
How we deal with our stress
What we want our future to look like
The Science of Happiness
(Part 1)
Lesson #4

Reward Experiment

Art Therapy
(what defines us)
The Science of Happiness (Part 2)

Lesson #5

Joy

How would you describe happiness?

Happiness Posters

Letter to Show Gratitude
Mission Possible
Lesson #6

Did something nice for an adult

Interviewed

Mission Possible: Interview

1. How do you feel right now? Why?

2. How often do you see Hiawatha students being polite and respectful to adults?

3. What do you appreciate the most from Hiawatha students?

4. What do you wish Hiawatha students did more often?

5. What happens when Hiawatha students are polite and respectful to adults?

Thank you for your time!