Just Checking in....
How are you doing with these stress buster skills? Let me know!

1) At school, I feel stressed or anxious...

- Never!
- Rarely
- Sometimes
- Most of the Time
- Always!

2) At home, I feel stressed or anxious...

- Never!
- Rarely
- Sometimes
- Most of the Time
- Always!

3) When I am stressed or anxious, I know what to do to feel better.

- Always!
- Most of the Time
- Sort of...
- Rarely
- Never!

4) I can handle when things go wrong or when I fail at something.

- Always!
- Most of the Time
- Sort of...
- Rarely
- Never!
5) My stress or anxiety affects my school work...

Never!  Rarely  Sometimes  Most of the Time  Always!

I Wish...
What is 1 thing you wish you could change?

__________________________

True or False?
How do you feel?

1) I have friends.

2) Other kids deal with stress and anxiety too.

3) I trust and care about at least 1 adult at school.

4) I am a great person.

5) I can achieve anything if I work hard enough.