



Stress Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the *Stress* lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. What is stress?

2. List three examples of things that can cause stress for kids your age.

a. _____

b. _____

c. _____

3. List two healthy ways to deal with stress.

a. _____

b. _____

4. List two adults you can go to if you need help dealing with stress.

a. _____

b. _____