**Stress Activity**

A stress response happens in your body or mind when something causes stress. Stress can be positive or negative. A stressor is what causes you to feel stress. Positive stressors can encourage you to work harder, but negative stressors may cause you to avoid doing things. Would you know how to reduce the emotions you feel during an event caused by a negative stressor?

# Materials

* writing utensil and paper
* **PebbleGo Next** article “Stress”

# Directions

1. Draw a vertical line down the center of your paper to create two columns. On the top of the left column, write “Positive Stressors.” Write “Negative Stressors” on the top of the right column. Review the **PebbleGo Next** article “Stress.” Write your own definition of each type of stressor below the appropriate heading. How are they different? How are they similar?
2. Brainstorm different types of stress for each category. For example, you might write, “going on vacation” in the positive stressor column. You might write, “preparing for a math test” under the negative stressor column. Try to think of as many examples as you can. Refer to the article for additional ideas.
3. Choose one scenario from your list of negative stressors. Draw someone experiencing that situation. What are the events leading up to the scenario that cause the stress? What is the stressor? What happens after the event? How did the person handle it? Include at least four illustrations to show your event. Feel free to include speech bubbles if they help tell your story.
4. Consider why your stressor is a negative one. Write a paragraph describing how the person in your drawing might reduce the stress in that situation. Be specific with your steps and ideas.
5. Share your drawing and solution to reduce stress with at least one person. Allow them to share their drawing with you.

# Critical Thinking

1. How did drawing the steps of a negative stressor situation help you develop a solution?
2. How did your solution differ from your partner’s solution? Were they similar?
3. How do you best manage your stress?