| Stress Management—Advisory |
| --- |
| Stress Management 7th Grade November |
| Introduction |
| Teacher Script This activity is designed to enable you to identify and manage the stressors in your lives. You will learn that unmanaged stress is a risk factor that often results from conflict. |
| Activity 1 |
| Stress Checklist Handout the Stress Checklist worksheet and have students fill out. Be ready to discuss the answers that they have. |
| Activity 2 and 3 |
| Hand out the Twelve ways to deal with stress and review with the group.  Hand out the What Would You Do worksheet and then read each situation out loud. Have students respond in two sentences. |

Students will keep the worksheets for their personal reference