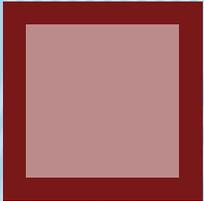
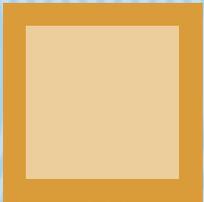


# STRESS-O-METER

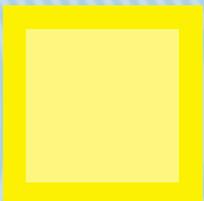
How stressed are you today? Place your character on the one that best fits and share it with someone



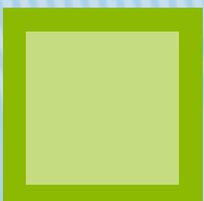
**COMpletely STRESSED!**



**VERY STRESSED!**



**A LITTLE STRESSED**



**NOT STRESSED**

# MY STRESS-LESS BOARD

To feel less stressed, sometimes it helps to think good things about ourselves. Think of 3 things you like about yourself.

### DID YOU KNOW...

Stress is what you feel when you are worried about something. Many things can make you feel stressed. It is ok to feel stress at times, but when you feel it too often it can be bad for you...

Your body also feels the stress. Sometimes we get headaches, tummy-aches or at times we may not feel hungry. How do you know your body feels stressed?

## I SPY



### LET'S FIND:

- [3] Flowers
- [4] Shapes
- [5] Animals
- [2] Emotion Characters

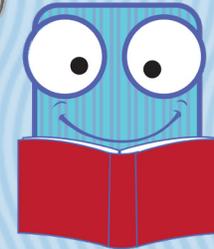
[www.FSUSTRESS.org](http://www.FSUSTRESS.org)

## STRESSED?

Try one of the following:



**EXERCISE**



**READ**



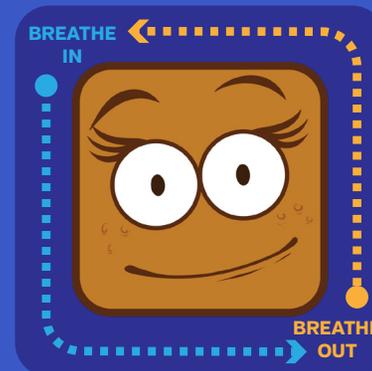
**CREATE**



**SING**

## LET'S BREATHE!

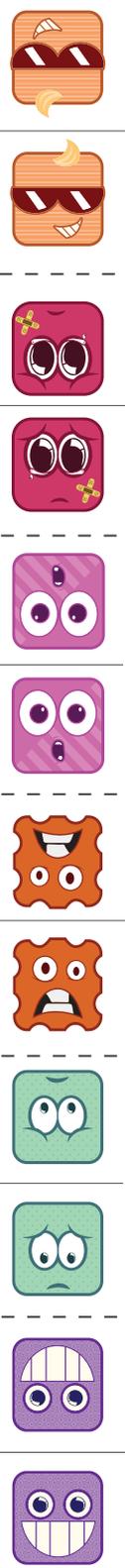
Trace the character with your finger while breathing in and out.



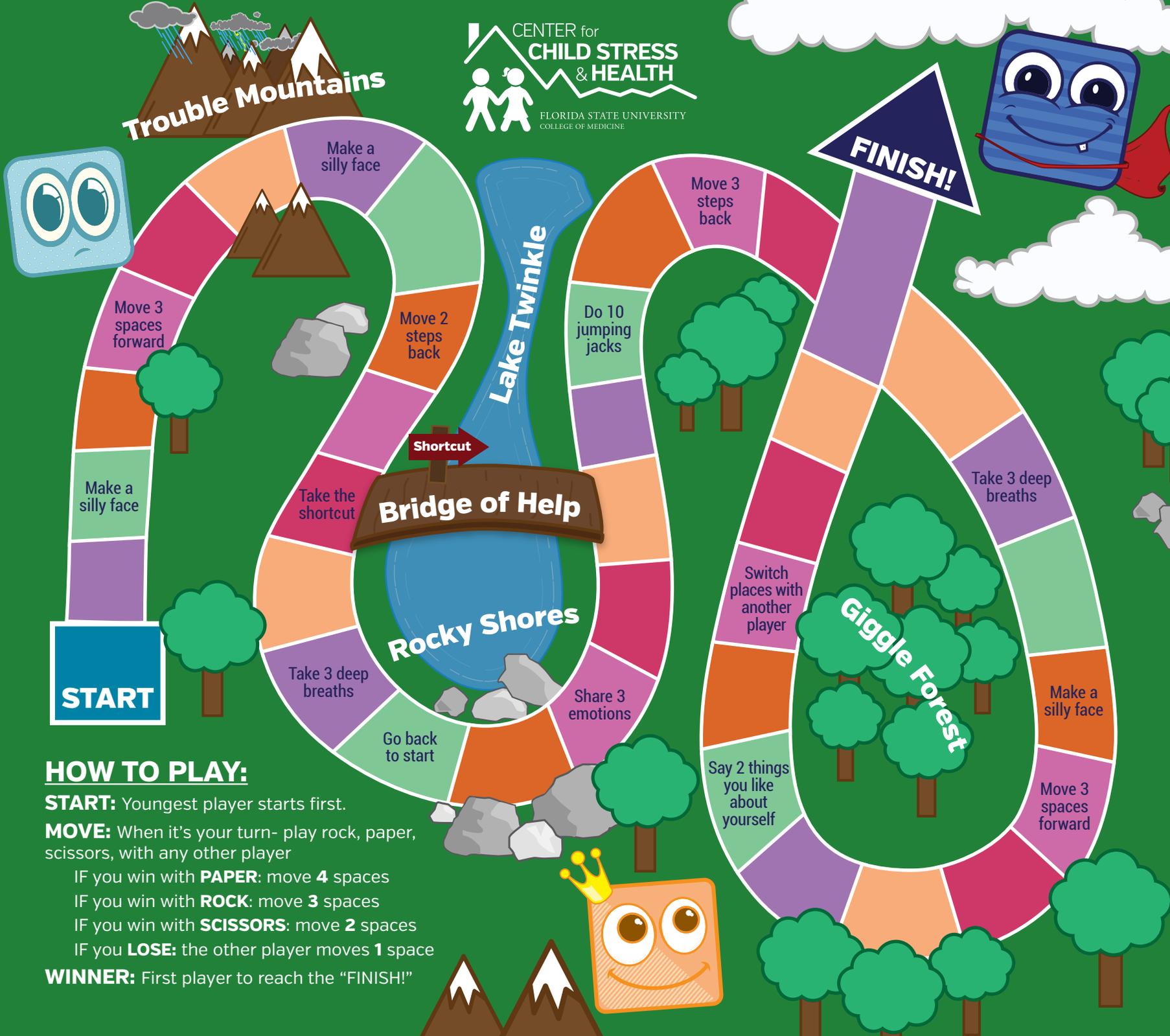
WHO IS YOUR FAVORITE CHARACTER? Cut on the dashed lines ( - - - - ), then fold on the solid line ( ——— )

When you're done- place your character on the stress-o-meter, or play the game!





**WHO IS YOUR FAVORITE CHARACTER?** Cut on the dashed lines [-----], then fold on the solid line [—————], when you're done- place your character on the start, and play the game with friends!



**HOW TO PLAY:**

- START:** Youngest player starts first.
- MOVE:** When it's your turn- play rock, paper, scissors, with any other player
  - IF you win with **PAPER:** move **4** spaces
  - IF you win with **ROCK:** move **3** spaces
  - IF you win with **SCISSORS:** move **2** spaces
  - IF you **LOSE:** the other player moves **1** space
- WINNER:** First player to reach the "FINISH!"

# MY STRESS-LESS BOARD



## INSTRUCTIONS

The Stress-Less Board is an activity sheet that was developed to help children and youth learn about how to manage stress. The activities included are meant to be used more than one time – these are fun tools to keep! The “My Stress-Less Board” has two sides – an activity sheet and a board game! On both sides of the Board you will find several characters that are meant to be cut out and used to play.

### ACTIVITY SHEET

#### STRESS-O-METER

Children, youth and even parents can use this tool to improve their self-awareness and rate their own level of stress. Place any of the cut-out characters on the square that best describes your stress level. Describe to the other players your current stress level, and if you would like, share what things are currently causing you stress.



#### I SPY



This activity can be completed by single or multiple players. The objective is to find the 14 objects hidden in the picture puzzle. When there are multiple players, compete to see who finds all 14 objects first!



#### STRESSED?

This is a list of simple ways to relieve stress! Choose one and try it anytime you are feeling overwhelmed!



#### LET'S BREATHE!

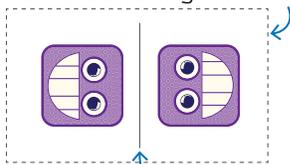
This is an activity to help players learn how to take deep breaths to relax! Trace the character while breathing in and out. Repeat this as many times as you would like.

### BOARD GAME

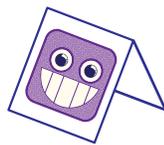
The Board game is a fun activity to help players relax, have fun and distract themselves when stressed. At least two players are needed to play.

#### Game Piece

**STEP 1:** Cut along this line



**STEP 2:**  
Fold here



**STEP 3:**  
Place on board

#### HOW TO PLAY:

**START:** Youngest player starts first.

**MOVE:** When it's your turn- play rock, paper, scissors, with any other player

IF you win with **PAPER:** move **4** spaces

IF you win with **ROCK:** move **3** spaces

IF you win with **SCISSORS:** move **2** spaces

IF you **LOSE:** the other player moves **1** space

**WINNER:** First player to reach the “FINISH!”

