

ACT IT OUT	TRUE OR FALSE	SKETCH IT	IMAGINE IF	RISK
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
			40	40

SKETCH IT

20 points

Draw a peaceful place that you can visualize and think about the next time you could use a calming coping tool.



IMAGINE IF

30 points

Imagine if you were really worried about something, and noticed that it was impacting your ability to focus in school and sleep at night, name at least 1 person you could ask for help.



As the research says, creative play really is the language of childhood. No matter the topic covered, I have found that as long as the lesson involves a bit of art, role-playing, games, and some freedom of movement, students are engaged. In this quiz show style lesson, students get to answer through acting, drawing, imagining, and problem solving as a team. I hope that your students enjoy this activity, having serious fun learning!

ACT IT OUT

10 points

Pretend you are onstage performing a song that brings a smile to your face, makes you want to dance, or relaxes you. Act It Out by singing or humming that song out loud.



RISK

50 points

Top 3 Things That Help You Get Through Hard & Stressful Times:



TRUE or FALSE

40 points

Exercising releases "feel-good" chemicals in our bodies that can improve our mood. And when we feel better, we often make better choices about how to deal with challenges.



BONUS ACTIVITIES INCLUDED!

25 TASK CARDS

TRUE or FALSE TASK CARDS

ACT IT OUT TASK CARDS

SKETCH IT TASK CARDS

IMAGINE IF TASK CARDS

RISK TASK CARDS



SKETCH IT & IMAGINE IF Worksheets

Stress Test

Name _____

Draw 3 things you are grateful for that you can remind yourself of when experiencing a really tough day.

Name _____

Imagine If.....

someone you cared about said something mean to you, and you noticed you started to feel bad about yourself, what are 5 positive things about you (besides the fact that you are awesome, wonderful, and lovable JUST AS YOU ARE) that you could remind yourself of?

#1

#2

Draw something that helps you relate, with kindness and curiosity, to the feeling of anger

Draw something that can stress you out sometimes!

List in order what stresses you out most about school, with 5 being the least and 1 being the most stressful:

- _____ Taking Tests
- _____ Not Understanding The Material... Yet
- _____ Homework
- _____ Expected to Stay Sitting, Still, & Quiet
- _____ Presenting In Front of Class
- _____ Other _____

List in order what stresses you out most about peer relationships, with 5 being the least and 1 being the most stressful:

- _____ Making New Friends / Meeting New People
- _____ Being The Target Of Bullying
- _____ Fighting With Friends
- _____ Not Fitting In
- _____ Getting Pressured To Something You Are Not Comfortable With
- _____ Other _____

List in order what stresses you out most about family, with 5 being the least and 1 being the most stressful:

Not Having Enough Money
something that you can do to take good, kind care of yourself when you feel sad.

..... you they were stressed out because of something going on at home (and they didn't want to share any details), what are 3 helpful coping strategies you could suggest they try out?