

Name _____ Period _____ Date _____

STRESS SURVIVAL KITS

Directions: Choose one of the two types of stress kits described below and assemble one of them. Pass it off with the teacher for credit.

Physical: The contents of this kit includes anything that will reduce those stressful times in school when you have an emergency or you need something that you have forgotten. Some ideas of things to include in this kit are: extra pencils and pens, a quarter to use the phone, extra money for lunch, a needle and thread, aspirin or other medication, a dryer sheet to control static, bandaids, safety pins, elastic bands, your favorite snack or treat, etc. Make this kit personal by adding your own stress reducing items. Put all the contents in a small container or plastic bag and keep in your locker.

Emotional: The contents of this kit includes anything that will reduce those times at home when you are feeling stressed, overwhelmed, or down. Pull out this kit and remind yourself that you are a good person and you can make it through this stressful situation. Some ideas of things to include in this kit are: a tape, CD, or words to your favorite uplifting song (music can really influence your moods), a scenic picture of a favorite place or just a place you'd love to visit (postcards and calendar shots are good for this one), a note, card, thank-you, or anything written to you from someone else telling you that someone else is thinking of you (this could be a birthday card or any positive note from a teacher, family member, or friend), a favorite tangible possession that you can put your hands on and feel (this needs to be something that really means something to you), a poem, thought, saying, or story about success, etc. Make this kit personal by adding your own stress reducing items that have special meaning to you. Put all the contents in a small container or bag and keep it in your room.

P. S. Both kits can be done for extra credit.