Heads Up Kids

DEFENCE AGAINST STRESS

Something that makes me feel stressed is:

Feelings words for when I'm stressed

Things I can do to feel calmer

Things I do that make me feel better

... and if I'm still feeling stressed I know I can ask a trusted adult for help.

NAME:

Andy Hugh & Claire Godley © 2024

Heads Up Kids ® Registered Charity No. 1205781