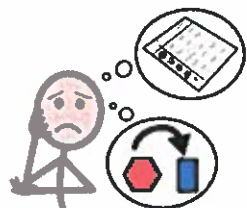


Beginning Letter

Name: _____

Start at the big dot. Trace each letter.

stress



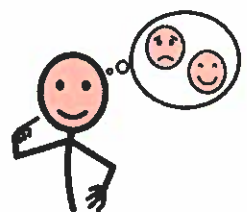
s s s

everyone



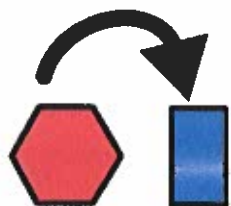
e e e

feel



f f f

change



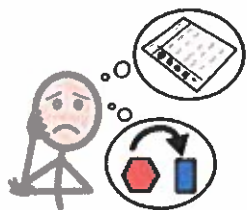
c c c

Write the Word

Name: _____

Trace the letters.

stress



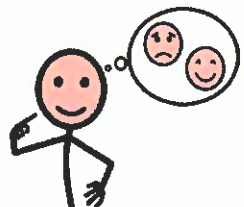
stress

everyone



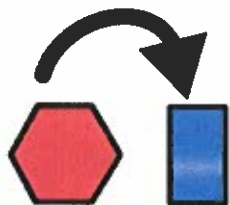
everyone

feel



feel

change



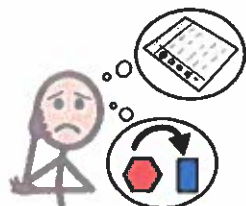
change

Beginning Letter

Name: _____

1. Start at the dots. Trace the letters.
2. Alphabetize the words. Record the order using the small boxes on the right using 1, 2, 3 and 4.

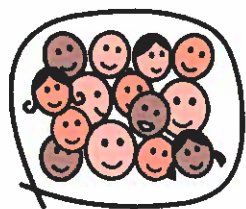
stress



s s s

☐

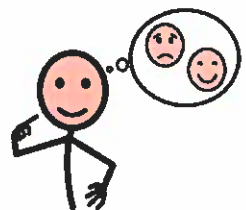
everyone



e e e

☐

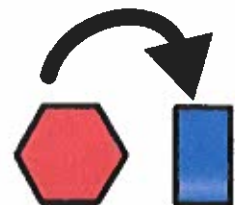
feel



f f f

☐

change



c c c

☐

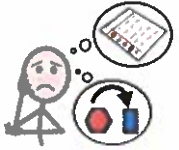
abcdefghijklmnopqrstuvwxyz

Write the Word

Name: _____

1. Write the word.
2. On the line below the word, write a sentence using the word.

stress



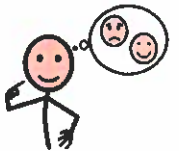
stress

everyone



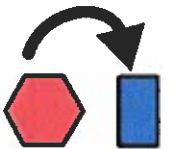
everyone

feel



feel

change





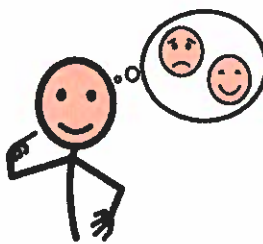

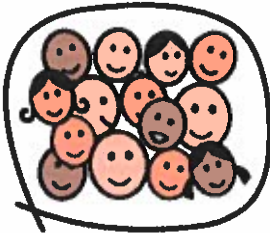



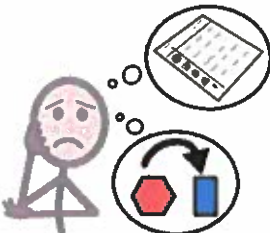

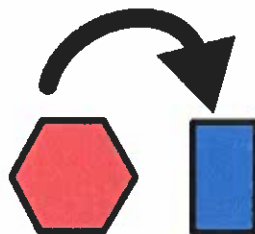








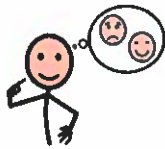
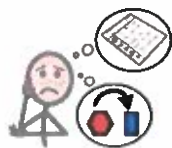

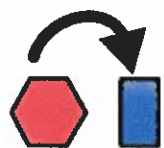

change

Cut and Paste Activity

Name: _____

Match small pictures to large pictures.

Maze

Name: _____

Help the students go to the school.









Read and Do

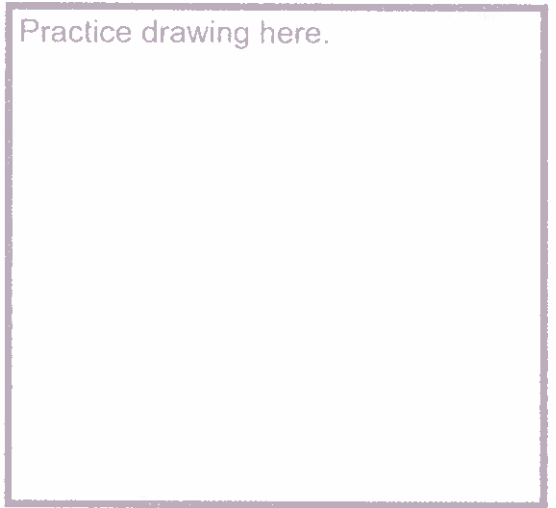
Name: _____

Read each sentence. Do what each sentence says.



-  1. Draw green grass below the first school.
-  2. Draw a black plus sign above the last teacher.
-  3. Color the second school red.
-  4. Draw a purple square around the first teacher.
-  5. Draw two blue clouds above the third school.
-  6. Draw a pink line below the second teacher.

Practice drawing here.









Build a Sentence

Name: _____


Choose the pictures below to complete the sentences from the paper.

1.

<p>You</p> 	<p>can talk</p> 				
--	---	--	--	--	--

<p>stress.</p> 	<p>a counselor</p> 	<p>to</p> 	<p>about</p> 
---	---	--	---

2.

<p>A counselor</p> 					
--	--	--	--	--	--

<p>less</p> 	<p>can help</p> 	<p>feel</p> 	<p>stress.</p> 	<p>you</p> 
---	---	---	---	--

Sentence Completion

Name: _____

Choose a picture to complete the sentence.

1.  feels stress sometimes.

2. Changes at school and home can cause .

3. Stress can  your feelings.

4. You may  less happy or less excited.

5. You can  to someone about stress.

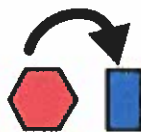
feel



stress



change



talk



Everyone



Sentence Completion

Name: _____

Choose a word to complete the sentence.

1. feels stress sometimes.
2. Changes at school and home can cause .
3. Stress can your feelings.
4. You may less happy or less excited.
5. You can to someone about stress.

feel

Everyone

stress

talk

change

Paragraph Completion

Name: _____

Choose the correct picture/word cards to complete the paragraph.

April is National Stress Awareness Month.

feels stress sometimes.

can change your

feelings. Stress can

your body too. Many

things at school or home can

stress. You

can do activities to

less stress. You can









. You can get

sleep.

You can

to someone about stress. You can

talk to a friend, parent, teacher or

feel 	change 	talk 
Stress 	school counselor 	better 
exercise 	Everyone 	cause 