

TCMS School Counselor Choice Board

Grades 5-8

Week of May 18<sup>th</sup>- 22<sup>nd</sup>

These are some stress-management activities made by the Taylor County School Counselors that can be completed by all students grades 5-8. If you choose to complete one of these activities, please email them to Mrs. Mahon and Mr. Dooley at [rmahon@k12.wv.us](mailto:rmahon@k12.wv.us) or [jerry.dooley@k12.wv.us](mailto:jerry.dooley@k12.wv.us). You can also message us through livegrades. These activities are just for fun and to help students and parents learn positive coping skills.

<p>Write 5 positive things you have done at home this week.</p>	<p>Put a check mark next to traits you possess.</p> <ul style="list-style-type: none"> <li>○ Helpful</li> <li>○ Caring</li> <li>○ Dependable</li> <li>○ Cooperative</li> <li>○ Friendly</li> <li>○ Accurate</li> <li>○ Confident</li> <li>○ Cheerful</li> <li>○ Patient</li> <li>○ Good Listener</li> <li>○ Tactful</li> <li>○ Organized</li> <li>○ Persistent</li> <li>○ Flexible</li> <li>○ Sensitive</li> <li>○ Motivated</li> </ul>	<p>Write responsibilities you have at home, school, your community, and for yourself.</p>	<p>Stress Checklist Rate the sources of you stress. Number 1 means you have low stress, 5 is high stress. Put an X on the number that shows the amount of stress you experience in each situation.</p> <p>School 1 2 3 4 5 Peer Pressure 1 2 3 4 5 Home 1 2 3 4 5 Bullies 1 2 3 4 5 Teachers 1 2 3 4 5 World Situations 1 2 3 4 5 Sports 1 2 3 4 5 Tests 1 2 3 4 5 Public Speaking 1 2 3 4 5 Loss 1 2 3 4 5 Disability 1 2 3 4 5 Friends 1 2 3 4 5</p>	<p>Complete one of the Stress Buster Activities:</p> <p>Pop Bubblewrap Squeeze a tennis ball or stress ball Write down what is bothering you, then shred the paper. Deep breathing Chew bubble gum and blow bubbles Stretch Blow bubbles outside</p> <p>Write down other quick fixes you have.</p>
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