


TCMS School Counselor Choice Board

Grades 5-8

Week of April 20<sup>th</sup>-24<sup>th</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.

Write or draw what stress would look like if it could be seen.	Write or draw what stress would smell like if it were a thing.	Write or draw what stress would sound like if it could be heard.	Write or draw something positive you do to calm down when stressed.
List examples of good stress.	List examples of bad stress.	Mark places on the body where you physically feel stress. 	Physically, I feel stress: _____ Things that cause stress: _____ A lot of stress makes me: _____ What I do to relax: _____