

Worksheet – Activity 6 – Understanding & recognising stress

Step 1: Stress snowballs

Instructions:

Draw an image that represents something that young people find stressful.

Tear Here



Instructions:

Your teacher will play a video for you.

A) What are two things you learned from the video?

Write/Draw in the spaces below:

1. I learned...

2. I learned...



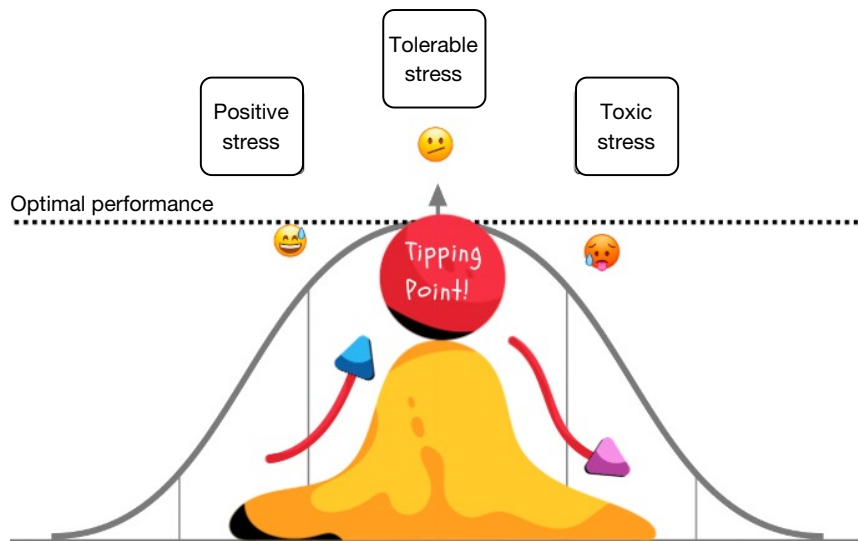
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Step 3: Identifying positive, tolerable & toxic stress

The stress continuum

Instructions:

Draw/Write examples that come to mind for a) positive, b) tolerable and c) toxic stress on the continuum (see image below).



Positive stress

Tolerable stress

Toxic stress

*If you prefer to do a different exercise, complete the journaling exercise on the next page.

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*Step 3: Identifying positive, tolerable & toxic stress
(Alternative exercise)*

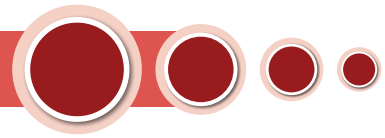


Instructions:

“If there’s anything stuck on your mind today, use this space to let it go.”

You can write/draw/doodle for a few minutes, or just reflect if you do not want to write anything down.





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Step 4: Visualising my peaceful space

Instructions:

“Imagine a place where you can feel calm, peaceful and safe.”

This might be a place that you have been to before, somewhere you dream of going to, or somewhere you have seen a picture of.

1. What colours are in your peaceful space? Write/Colour
2. What does your peaceful space sound like? Write/Draw
3. What does your peaceful space look like? Write/Draw
4. Imagine a name, a word, or a phrase that you can call your peaceful space, that you can use to bring this image back any time you wish.

My Peaceful Space looks like... write/draw below

My Peaceful Space is called... _____

