

Stress Management

Activities

These activities are designed to be done at home. There is no grade given for these and they do not have to be turned in. The answer key has been made available to your grown up.

Activity 1: Flip the Script

Draw a card. Shift your stress. A hands-on “pick a stress helper” game for all ages.

How It Works

When feeling stressed, overwhelmed, frustrated, restless, or emotionally “stuck,” walk over to the Flip the Script Box and randomly draw one activity card.

The idea is:

- You don’t have to figure out the “perfect” coping skill.
- You just pick one and try it for 2–10 minutes.
- Small actions help shift the nervous system.

Supplies

- A decorated shoebox, basket, or jar
- Small index cards, or folded paper slips

Directions

- Write out as many stress relieving things, one per card.

Place in the box and make them up so you can draw at random.

Here are some ideas:

Ask for a hug

Balloon breathing

Color for 5 minutes

Create your own stress helper

Dance breaks or movement games

Dance to one song

Do 20 jumping jacks

Draw how you feel

Drink a glass of water

Find 3 things you can hear

Help another person with something small

Hold a rock, leaf, or flower

Humming or singing a favorite song

Invent a silly animal

Journaling or “brain dump” pages

Listen to calming music

Listening to calming sounds or rain music

Look at clouds for 2 minutes

Make a comic face showing your mood

Pick TWO activities

Play a quick game with someone

Positive self-talk practice

Put your hand on your heart and breathe slowly

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Read a funny joke	Tell someone one good thing about your day
Sit with a friend	Toss a ball for 2 minutes
Smell the flower, blow out the candle	Trade with a friend
Spend 5 quiet minutes outside	Walk barefoot in the grass
Stretch your arms and legs	Walk outside for 5 minutes
Take 5 slow belly breaths	Watch something uplifting
Teacher chooses a calm challenge	

Activity 2: What happened – Did you flip the script?

Reflect on a stressful moment. What happened? How did you respond? Did you use a stress-relief idea to “flip the script” and change the direction of your thoughts, feelings, or actions?

Activity Answer Key

Activity 1: Flip the Script

There are no “right” or “wrong” answers for this activity. The goal is to help children recognize stress and practice healthy ways to respond to it.

Your child may choose different stress-relief tools depending on the situation, personality, and what feels calming to them. That is okay.

You are looking for your child to:

- identify when they are feeling stressed, frustrated, overwhelmed, or upset
- choose a healthy coping strategy
- explain how the activity might help them feel calmer or more regulated
- practice shifting their response instead of reacting automatically

Examples may include:

- taking deep breaths
- moving their body
- listening to calming music
- talking with someone supportive
- drawing or writing feelings
- spending quiet time outside
- using positive self-talk
- taking a short calming break

Encourage participation, reflection, and discussion rather than perfection. The goal is to build awareness and healthy stress-management habits over time.

Activity 2: What happened?

There are no “right” or “wrong” answers for this activity. The goal is to help children reflect on stressful situations and think about healthier ways to respond.

Your child should:

- describe a stressful, frustrating, or upsetting situation
- identify how they felt or reacted
- explain whether they used a stress-relief strategy to “flip the script”
- describe how the strategy may have helped them calm down, think differently, or respond in a healthier way

Examples of healthy “Flip the Script” responses may include:

- taking deep breaths
- walking away to cool down
- listening to calming music
- talking to someone supportive
- feelings
- spending quiet time outside
- stretching or moving their body
- using positive self-talk
- drawing or writing

The focus is not on handling every situation perfectly. The goal is helping children build awareness, emotional regulation skills, and healthier stress responses over time.

Pre-assessment Quiz: Stress Management 1

1. What is stress?

- A. A sickness that should always be avoided
- B. The body and brain responding to challenges or change**
- C. A type of emotion only adults experience
- D. A sign that something is permanently wrong

2. Which of the following is an example of stress helping you?

- A. Making it impossible to think
- B. Causing permanent damage immediately
- C. Helping you focus during a test**
- D. Preventing you from learning

3. What usually causes stress to become a problem?

- A. Stress lasting too long without recovery**
- B. Feeling excited about something
- C. Exercising for a short time

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D. Learning something new

4. Which is an example of physical stress?

A. Poor sleep

B. Watching a funny movie

C. Reading a book

D. Daydreaming

5. What happens to the body during stress?

A. Digestion speeds up immediately

B. Heart rate may increase

C. The brain shuts off

D. Muscles completely relax

6. What is acute stress?

A. Stress that lasts for many years

B. Stress that never changes

C. Short-term stress from an immediate challenge

D. Stress caused only by school

7. What is one healthy way to support recovery from stress?

A. Ignoring all feelings

B. Staying awake all night

C. Getting enough sleep and rest

D. Avoiding all movement

8. What does the body sometimes react to even if there is no real danger?

A. Positive memories only

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B. Imagined or perceived stress

C. Healthy food

D. Quiet environments

9. Why might two people react differently to the same stressful event?

A. Everyone has the exact same stress response

B. Only adults experience stress differently

C. Stress only affects physical health

D. Sleep, health, and past experiences can affect stress response

10. What is the main goal of stress management?

A. To eliminate all stress forever

B. To avoid every challenge in life

C. To learn how to recover and return to balance

D. To ignore stress completely