

Stress Management

Activity Answer Key

Activity 1: What's the Stress?

There are no “right” or “wrong” answers for this activity. The goal is to help children notice times during the day when they may be feeling stressed, worried, frustrated, nervous, overwhelmed, upset, or scared.

Children may describe stress in different ways. Some may write about their feelings while others may draw pictures. Both are appropriate for this activity.

You are looking for children to:

- Notice situations that may create stress
- Recognize feelings connected to stress
- Identify body clues that stress may be happening
- Begin thinking about what helps them feel calm again

Examples may include:

- Feeling nervous before school or sports
- Feeling upset after an argument
- Feeling overwhelmed in loud or busy places
- Feeling frustrated during homework or difficult tasks
- Feeling scared during storms or new experiences

Children may also describe body clues such as:

- Fast heartbeat
- Stomach aches or butterflies
- Tight muscles
- Trouble focusing
- Feeling tired, upset, or wanting to cry

The goal is awareness, reflection, and learning to notice stress in everyday life.

Pre-assessment Quiz: Stress Management 1

1. What is stress?

A. Something only adults feel

B. Something the body feels during challenges or change

C. A sickness that never goes away

D. Something that is always bad

2. Which is a sign that someone may be stressed?

A. Fast heartbeat

B. Growing taller

C. Losing a tooth

D. Sleeping peacefully

3. What can stress sometimes help you do?

A. Forget everything

B. Pay attention and solve problems

C. Never feel nervous

D. Stay tired all day

4. Which of these can cause stress?

A. Loud noises

B. Eating breakfast

C. Watching clouds quietly

D. Taking a nap

5. What may happen to the body during stress?

A. Heart beats faster

B. Muscles disappear

C. Hair changes color

D. Feet stop moving forever

6. What is one healthy way to help the body calm down?

A. Staying upset all day

B. Slow breathing

Parent Notes

C. Never resting

D. Ignoring feelings

7. Can people react to stress in different ways?

A. No, everyone reacts the same

B. Yes, people can react differently

C. Only grown-ups react differently

D. Only kids feel stress

8. Which feeling might happen during stress?

A. Feeling nervous or worried

B. Feeling taller

C. Growing new teeth

D. Turning invisible

9. What helps the body recover from stress?

A. No sleep

B. More worrying

C. Rest and calming activities

D. Staying angry

10. What is the goal of stress management?

A. To avoid all feelings

B. To never have stress

C. To help the body calm down and recover

D. To ignore stress