



# GUIDANCE



April 20 - April 24  
Topic: Managing Stress

Stress is a part of everyday life, but sometimes it can feel overwhelming. Try the activities below to help manage stress.

Gr. K-3

## Breathe

Remembering to breathe deeply can help us when we feel stress. After listening to the story, “Breathe”, complete the colouring activity below.

(You can turn off Autoplay in Settings.)

<https://www.youtube.com/watch?v=6EUSHHkIk0Q>

Colouring is a great activity to help calm your mind and relieve stress.

Click on this link: [Breathe and colour](#). Print the colouring sheet or draw and colour your favourite part of the story on a separate sheet of paper

Gr. 4-6

## Managing Stress/Enjoy the Silence

Stress affects everyone at some point in their lives. After watching the video, “What is Stress?”, complete the activity to record ways in which you can stay calm during stressful situations.

(You can turn off Autoplay in Settings.)

<https://www.youtube.com/watch?v=s93ywgFa6CM>

Recording your thoughts in a journal is an effective way to manage stressful thoughts and quiet your mind. Click this link: [Enjoy the Silence](#). Either print the sheet, record your responses on a separate sheet of paper, or, discuss your responses with a caring adult or supportive friends. You can also listen to the audio file here for [Verbal Directions](#).

Gr. 7-8

## Stress Busters

Managing stress in one’s life can be difficult at the best of times. Learn about what stress is and simple ways to manage it, by watching the attached video, “*Stress Lessons: What is Stress?*”.

(You can turn off Autoplay in Settings.)

<https://www.youtube.com/watch?v=s93ywgFa6CM>

We can deal with our day-to-day stress much easier when we understand the common causes and symptoms.

Click on the link [Stress Buster](#). Either print the sheet, record your responses on a separate sheet of paper or, discuss your responses with a caring adult or supportive friends.