**What’s Happening Today?**

**Let’s Talk About How to Stress Less at School**

* **What is stress?**
* **How does stress make you feel?**
* **There are two kinds of stress – good stress and bad stress. We can learn ways to manage our stress!**
* **There are 5 Ways to Handle Stress**
1. **Ask for help**
2. **Stay calm**
3. **Go easy on yourself**
4. **Try to solve the problem**
5. **Stay positive – this stress will pass**

* **So what do you think??**
* **Get your magnet!**