**Lesson Title: I Can Stress Less at School**

**Pre and Post Assessment**

**Student name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_\_\_**

**Dates \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ Form completed by: \_\_\_\_\_\_\_\_\_\_\_**

**Place a + in the column if the student completes the skill**

**Place a / in the column if the student partially completes the skill**

**Place a – in the column if the student is unable to complete the skill**

**Provide a comment for each skill if needed on the C line**

|  |  |  |
| --- | --- | --- |
| **Skills observed & Comments (C:)** | **Pre-test** | **Post-test** |
| 1. Defines the term “stress” |  |  |
| **C:** |  |  |
| 1. Lists 2 positive effects of “good stress” |  |  |
| **C:** |  |  |
| 1. Lists 2 physical or emotional effects of “bad stress” |  |  |
| **C:** |  |  |
| 1. Lists the 5 Ways to Handle Stress |  |  |
| **C:** |  |  |
| 1. Explains how talking to others can help with stress |  |  |
| **C:** |  |  |
| 1. Explains why it’s important to take it easy on ourselves when we’re stressed |  |  |
| **C:** |  |  |
| 1. Describes how to take control of stress by trying to solve the problem |  |  |
| **C:** |  |  |
| 1. Completes homework page accurately with minimal assistance (post lesson) |  |  |
| **C:** |  |  |