**This week I might try:**

***To stress less at school***

**I’ll try to remember that there are ways handle my stress – I can take control!**

**I can keep track of what I’m learning on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **If I feel stressed, I can try to:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| **1. Ask for help** |  |  |  |  |  |
| **2. Stay calm** |  |  |  |  |  |
| **3. Go easy on myself** |  |  |  |  |  |
| **4. Try to solve the problem** |  |  |  |  |  |
| **5. Stay positive – this stress will pass** |  |  |  |  |  |

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