

BOUNCEBACKABILITY



4. Understanding Stress



sadness

frustration

hurt

fear

anger

Think about a time when you have felt
a negative emotion

embarrassment

disappointment

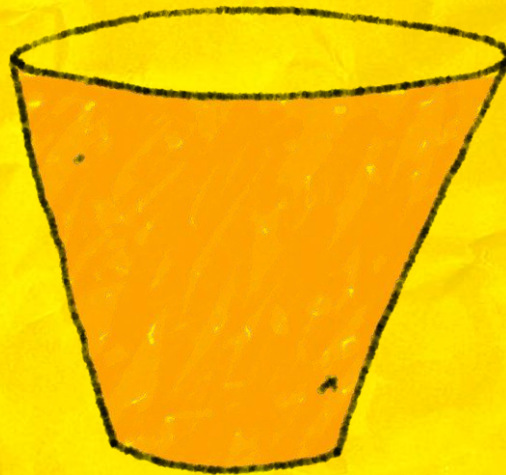
loneliness

anxiety

stress

confusion

Write about the time you felt this negative emotion
on your slip of paper.
When asked, come and put your slip of paper in the
cup at the front.



I felt very lonely when I couldn't find anyone
to play with at break time.

Just like our cup, our minds can sometimes get so full of different emotions that we can struggle to keep control of them.

We can feel like they are overflowing.

Have any of you ever felt like this?

What is this called?

Stress

Stress is when our emotions overwhelm us and our worries get stuck in our heads and bother us.

Sometimes they can bother us so much that we can't think about anything else. It might even affect our bodies too, giving us headaches, tummy trouble.

What does stress feel like?

Talk to your partner and come up with some ideas.

Knowing how you react when you're stressed is important as it will help you recognise your feelings and find ways to cope and make things better.

Every person is different and can react in different ways!

What does stress feel like?

I panic when I am stressed and get myself all in a fluster over little things.

I go quiet when I feel stressed. It is hard for anyone to talk to me.

I get a bit angry when I am stressed and easily lose my temper. I want to shout and scream!

When I am stressed, I cry.



Take a break from what is causing the stress
and take a walk in the fresh air.

**What could we do to help us cope when
we are stressed?**





WELL DONE!

