

Tired?
Stressed-out?
Crabby?



STRESS STOPPERS

are what you need when there's too much stress in your life.

What are some of the things that stress you out?

Things others can do to help me lower my stress.

My friends can be good listeners when I have a problem.

Things I can do myself to help lower my stress.

I can leave enough time to do my chores or homework so I don't have to rush.

**we are
a safe
& CaRING
SCHOOL.**