

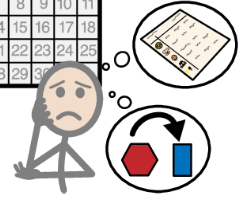


WHAT

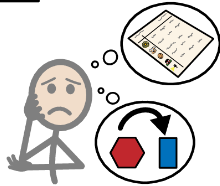


STRESS AWARENESS MONTH

NATIONAL STRESS AWARENESS MONTH						
APRIL						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

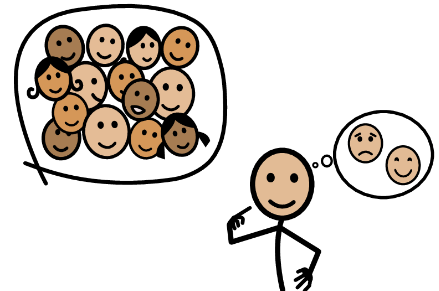


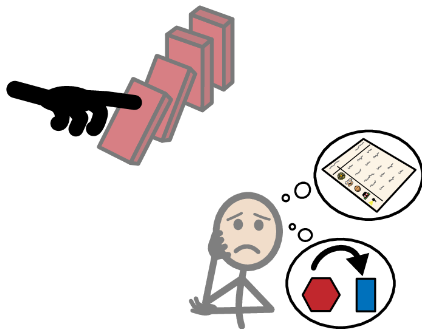
APRIL						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



April is National Stress Awareness Month in the U.S. People can learn about stress during this month.

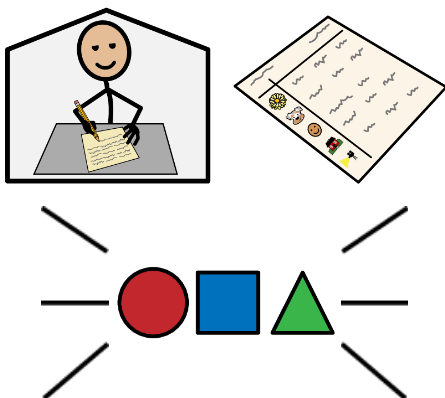
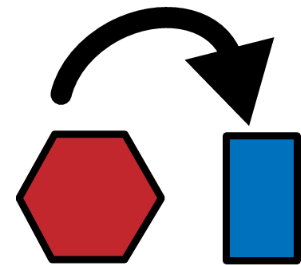
Everyone feels stress sometimes. You may feel stress when you are worried.



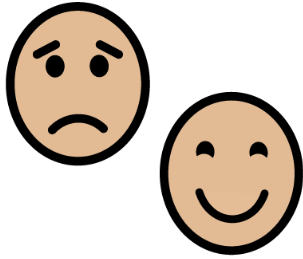


Many things at school or home can cause stress.

Changes at school and home can cause stress. Changes to your schedule can cause stress.

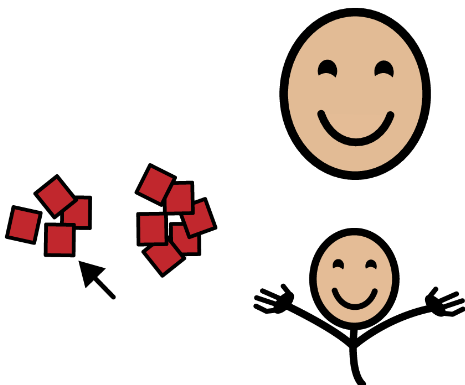
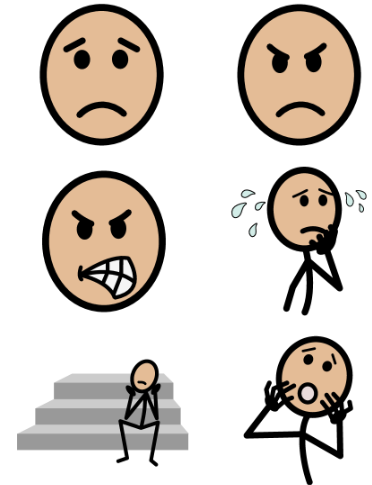


Homework and tests can cause stress too. Trying new things can cause stress.



Stress can change your feelings.

You may feel sad, mad, frustrated, nervous, lonely or scared.

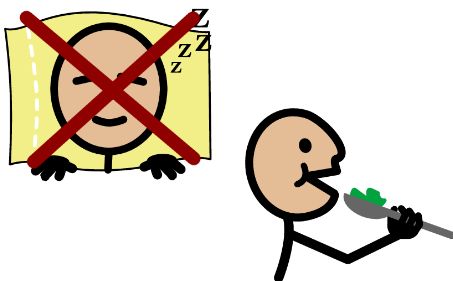
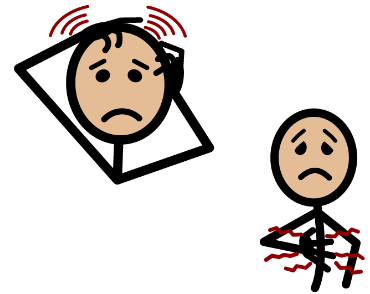


You may feel less happy or less excited.

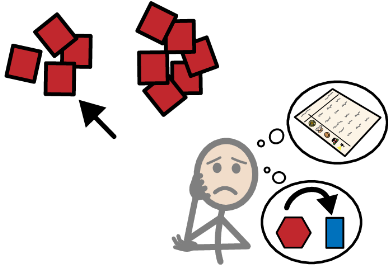


Stress can change your body too.

Stress can give you a headache or stomachache.

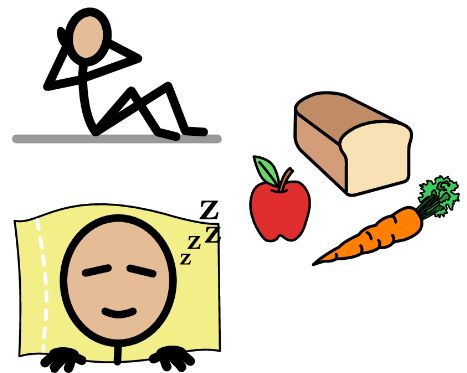


You may not sleep well when you feel stress. You may eat less food. Or you may eat more food.



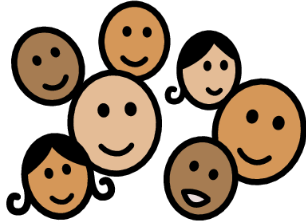
You can do activities to feel less stress.

You can exercise. You can get better sleep. You can eat healthy foods.



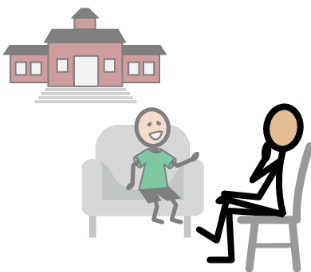
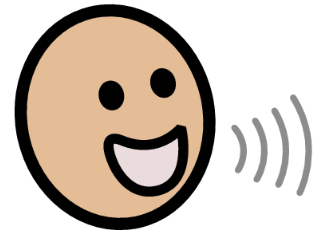
You can do something that makes you happy.*

*** Read this week's Extension Activity to find more ways to feel less stress.**

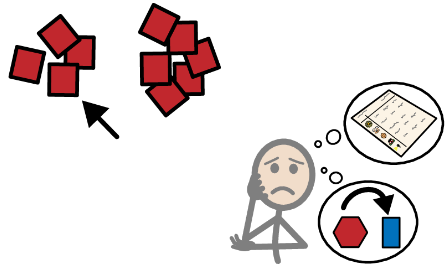


Other people can help you feel less stress.

You can talk to someone about stress. You can talk to a friend, parent, teacher or school counselor.

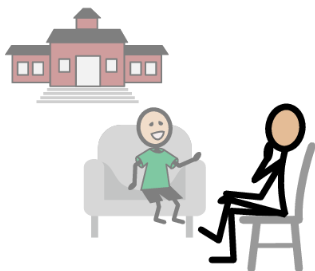
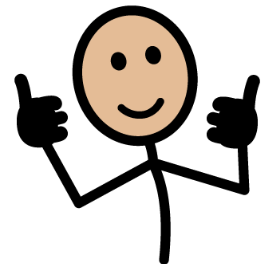


A school counselor works in a school.

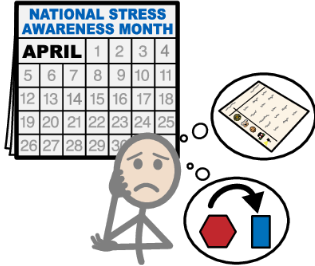


You can talk to a counselor about stress. A counselor can help you feel less stress.

You can talk to a counselor about your feelings. A counselor can give you ideas to feel better.

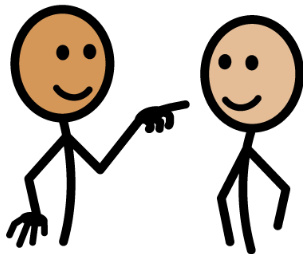
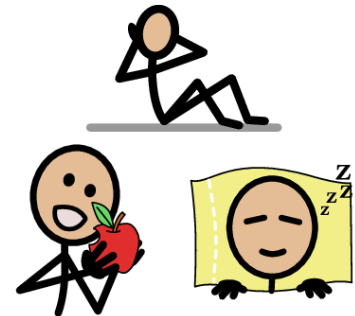


Does your school have a counselor ?



April is National Stress Awareness Month. Everyone feels stress sometimes.

You can do activities to feel less stress. Other people can help you too!



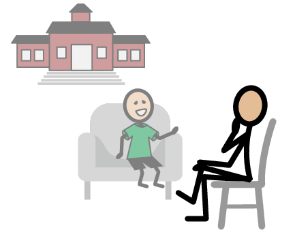
What do you do when you feel stress ?



WHO

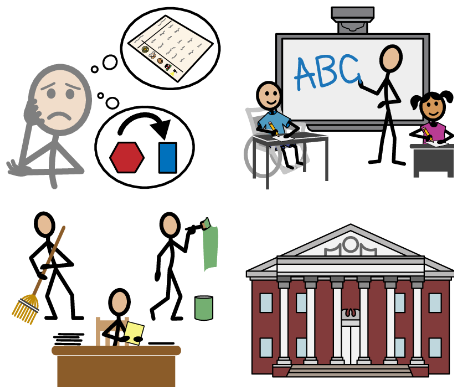


SCHOOL COUNSELOR



A school counselor works in a school. A school counselor usually has an office in a school.

A school counselor helps students.



A counselor talks to students about stress, classes, jobs, colleges and more.

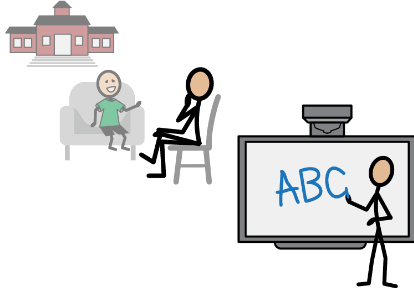




WHERE



SCHOOL



A school counselor works in a school. Teachers teach students in a school.

Cities may have many schools.



Cities may have preschools, elementary schools, middle schools, high schools and colleges.





LESS-STRESS SMOOTHIE



NEED

½ C orange juice



1 C orange sherbet



2 bananas, peeled and sliced



15-oz can sliced peaches, drained



½ t vanilla extract

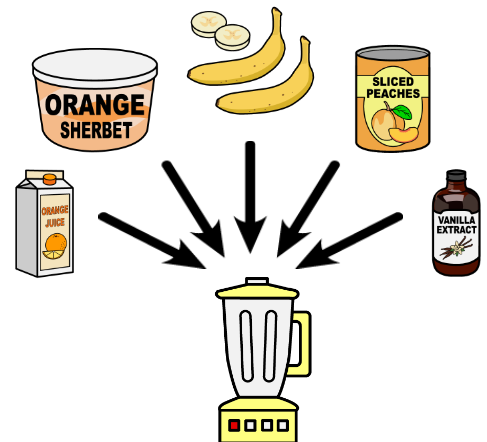


blender



NOTE: Always consider student food allergies when preparing recipes.

1. Put juice, sherbet, bananas, peaches and vanilla extract into blender.



2. Blend until smooth.



3. Drink.

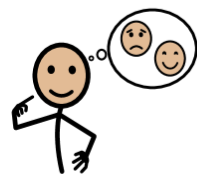




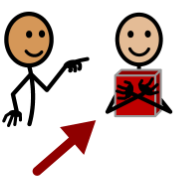

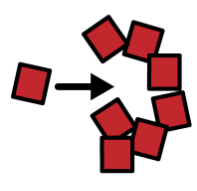



● Knock, Knock.  

Who's there ? 

● Feel. 

Feel who ?  

● Feel your cup with a smoothie.     





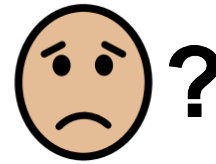
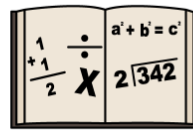
joke page



● I have a joke !

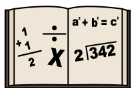
Tell me !

● Why was the math book sad ?



I don't know. Why ?

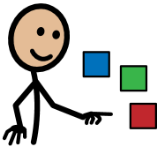
● It had too many problems !



$1+1=2$
 $2 \times 2=4$!

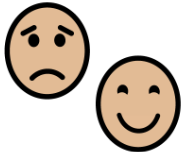
problems



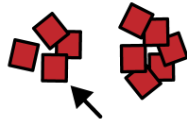


Choose the pictures NOT about STRESS AWARENESS MONTH.

feelings



less



better



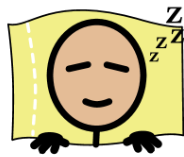
tow truck



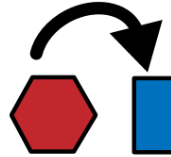
crop



sleep



change



feel



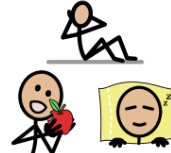
camel



everyone



activities



cause



exercise



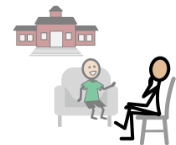
talk



farm



school counselor



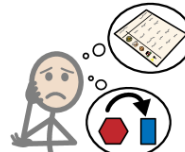
sad



DVD

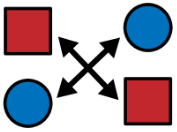


stress



headache

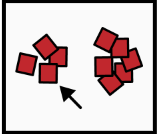

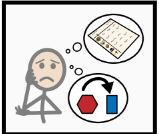
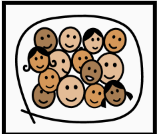
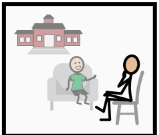


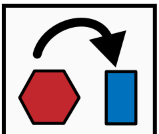

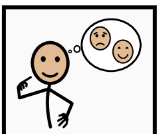




matching page



Choose the picture that matches the word.

everyone	→	<input type="checkbox"/>	
less	→	<input type="checkbox"/>	
talk	→	<input type="checkbox"/>	
change	→	<input type="checkbox"/>	
exercise	→	<input type="checkbox"/>	
cause	→	<input type="checkbox"/>	
stress	→	<input type="checkbox"/>	
school counselor	→	<input type="checkbox"/>	
feel	→	<input type="checkbox"/>	
better	→	<input type="checkbox"/>	



1. **WHAT** is the paper about ?

Coronavirus

2020
Census

Stress
Awareness
Month

2. **WHO** can you talk to about stress ?

alien

school
counselor

zombie

3. **WHERE** does a school counselor work ?

museum

park

school

4. **WHAT** can stress change ?

feelings

height

eye color

5. **WHAT** can stress give you ?

headache

broken bone

sunburn

6. **WHAT** can cause stress at school ?

vacation

hiking

tests

7. **WHAT** is one healthy food ?

carrot

pizza

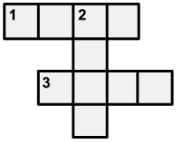
milkshake

8. **WHAT** is another word for a feeling ?

exercise

emotion

story



puzzle page



ACROSS

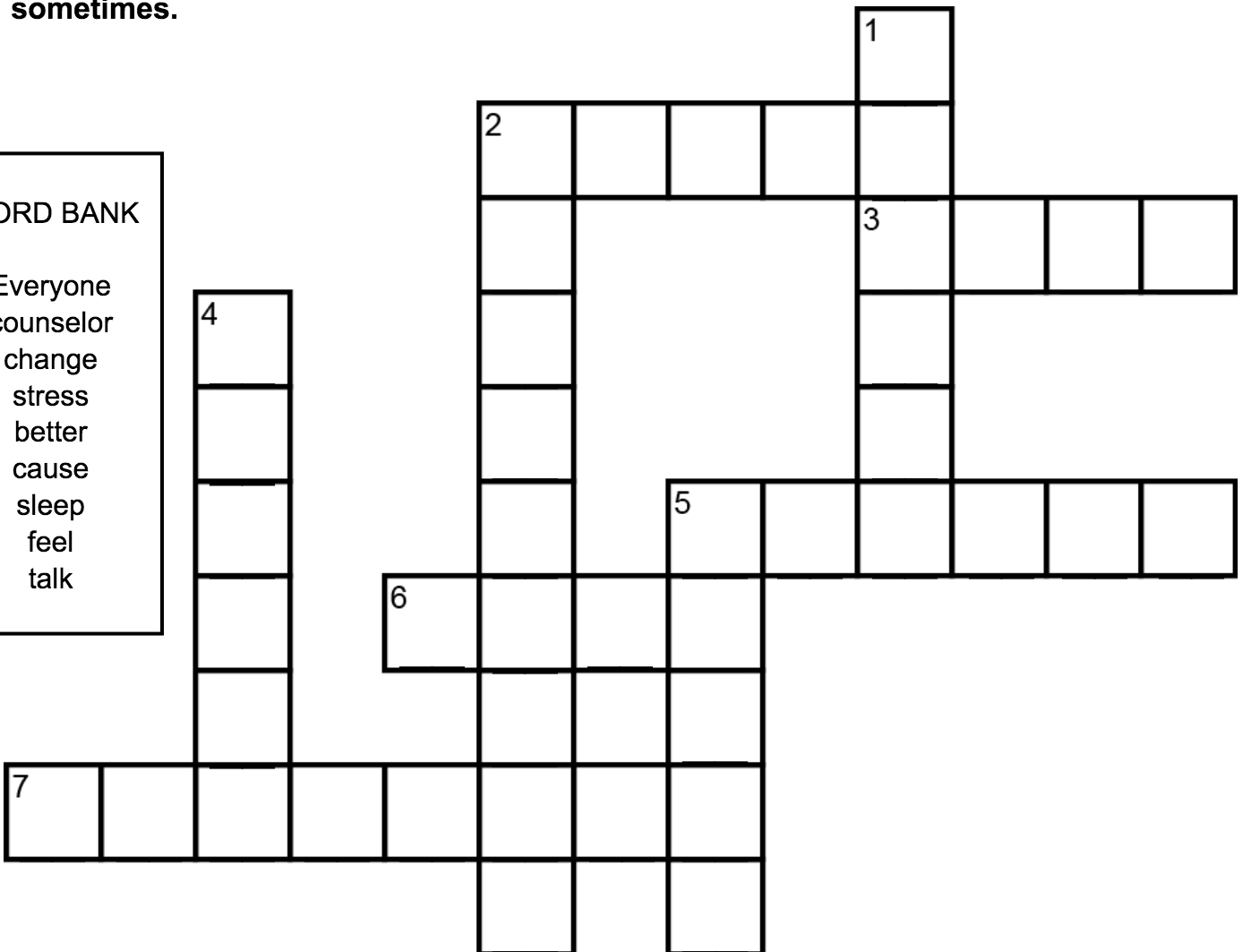
DOWN

- 2 Homework and tests can _____ stress too.
- 3 You can _____ to someone about stress.
- 5 Changes at school and home can cause _____.
- 6 You may _____ less happy or less excited.
- 7 _____ feels stress sometimes.

- 1 A counselor can give you ideas to feel _____.
- 2 You can talk to a _____ about stress.
- 4 Stress can _____ your feelings.
- 5 You may not _____ well when you feel stress.

WORD BANK

Everyone
counselor
change
stress
better
cause
sleep
feel
talk

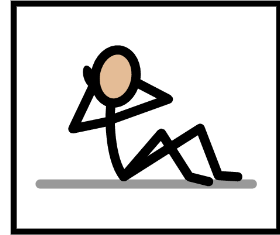
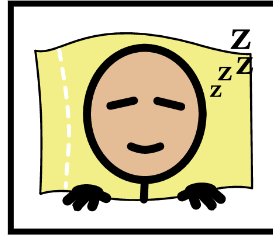
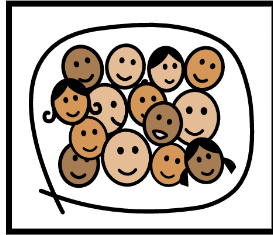
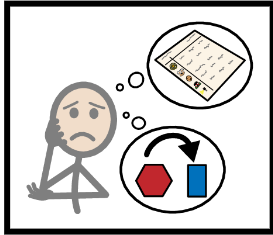


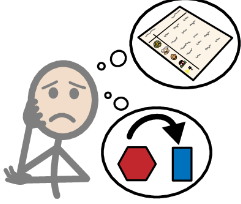

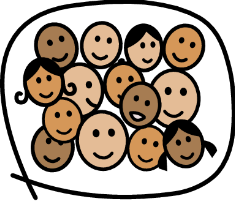

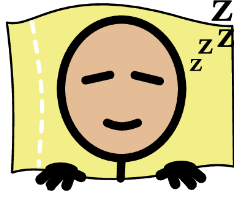
	4		3
1		2	
	2		1
3		4	

sudoku page



Fill in the grid using the pictures below so that every row, every column and every large box contains the following four items:



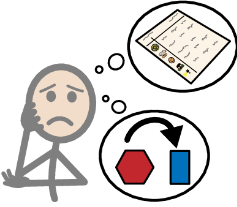
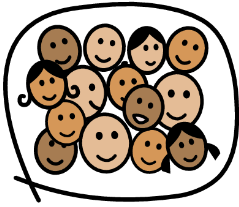
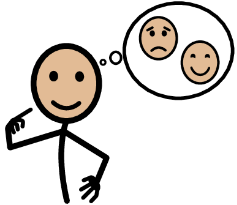
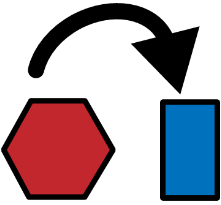
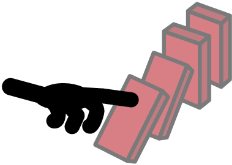
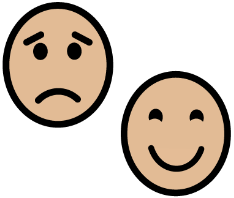
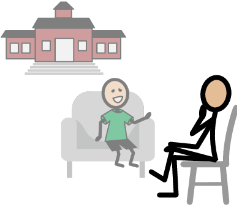
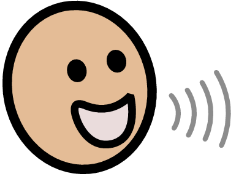
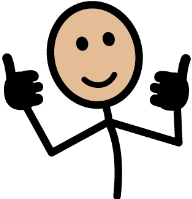
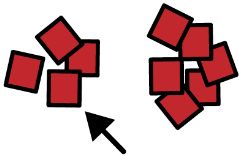
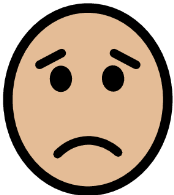



1. WHAT causes you stress ? Why ?

2. WHAT is your favorite healthy food ?

3. WHAT is your favorite way to exercise ? Why ?

4. HOW do you feel when you feel stress ?

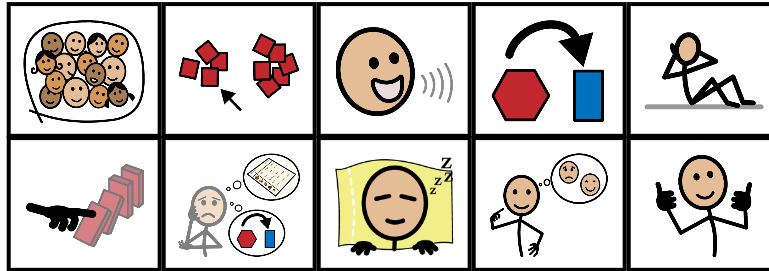
stress 	everyone 
feel 	change 
cause 	feelings 
school counselor 	talk 
better 	less 
sad 	exercise 



printing page



Cut out the items below and paste answers into the matching page.



Cut out the items below to use as errorless choices for the review page.

Stress Awareness Month	school counselor	school	feelings
headache	tests	carrot	emotion

Cut out the items below and paste answers into the Sudoku page.

