



XS STRESS

NAME: _____

1.

- a) Fill in the following table based on your classroom discussion.
- b) Keep a tally of the number of people who gave certain responses.
- c) Circle some of the better coping strategies.

THINGS THAT STRESS US OUT	HOW WE COPE



BLM 2 Assessment and Evaluation

2. Create a profile of Sarah, Kira and Jarrel by filling in the boxes below. Your teacher might ask you to choose one, two or all three.

	Sarah	Kira	Jarrel
If you were passing by on the street, what would be your first impression of this person?			
If you got to know this person, what might you find out about them?			



3. What stresses and/or responsibilities do you have? What strategies do you find most helpful to cope with your stresses and/or responsibilities?

4. Have you ever been "labelled" by a parent/teacher or bullied by someone? Why? How did you feel about this?

7. Discuss one incident that happened to you that was highly stressful and how it was resolved. Did you resolve it alone or with help?



5. What do you plan to accomplish in 5 years? 10 years? 20 years?

6. In order to accomplish these goals, what is a good way to look upon negative experiences you might experience? How do you plan on coping with stress? Where can you go for help?

7. How do the journeys of Sarah, Kira or Jarrel relate to your own life? What is your reaction to their struggles?