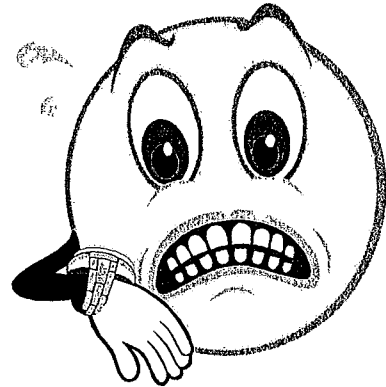


Tips to help kids deal with Stress:

Many kids experience stress throughout their day. Sometimes stress can cause children to not want to come to school or could prevent them from doing their best during the school day. Many things cause stress in children such as: friendships, homework, tests, new situations, bullying, and changes within the family.



Here are some tips for helping your child manage their stress:

1. **Belly Breathing** – Imagine there is a balloon in your belly. Take a deep breath in through your nose (count to 4 silently) and put your hand on your belly to feel it blow up the balloon. Then hold it for 1-2 seconds. Then slowly release the air through your mouth (counting to 4 silently). It's a good idea to practice belly breathing everyday.
2. **Think positive thoughts** – It is important to think about positive and relaxing thoughts when presented with a stressful situation. Try thinking of a place where you feel relaxed (I like the beach!) and think about that place when you are feeling stressed out.
3. **Create a schedule** – Some students experience stress of not knowing what is happening throughout their day. Create a schedule at home so kids can see an outline of their day. For example, you could create a chart of each day of the week listing the events like soccer practice, violin lessons, church group, etc. This could relieve a child's stress about when they will be able to do their homework or trying to remember which day they have their piano lesson.
4. **Use a Worry Box** – Help your child to create a worry box. Set aside time each day for about 15 minutes to discuss worries. If your child has a worry and wants to talk about it, have them put it in the worry box until it is worry time. If you don't need the entire 15 minutes for discussing worries, you can talk about more positive things.