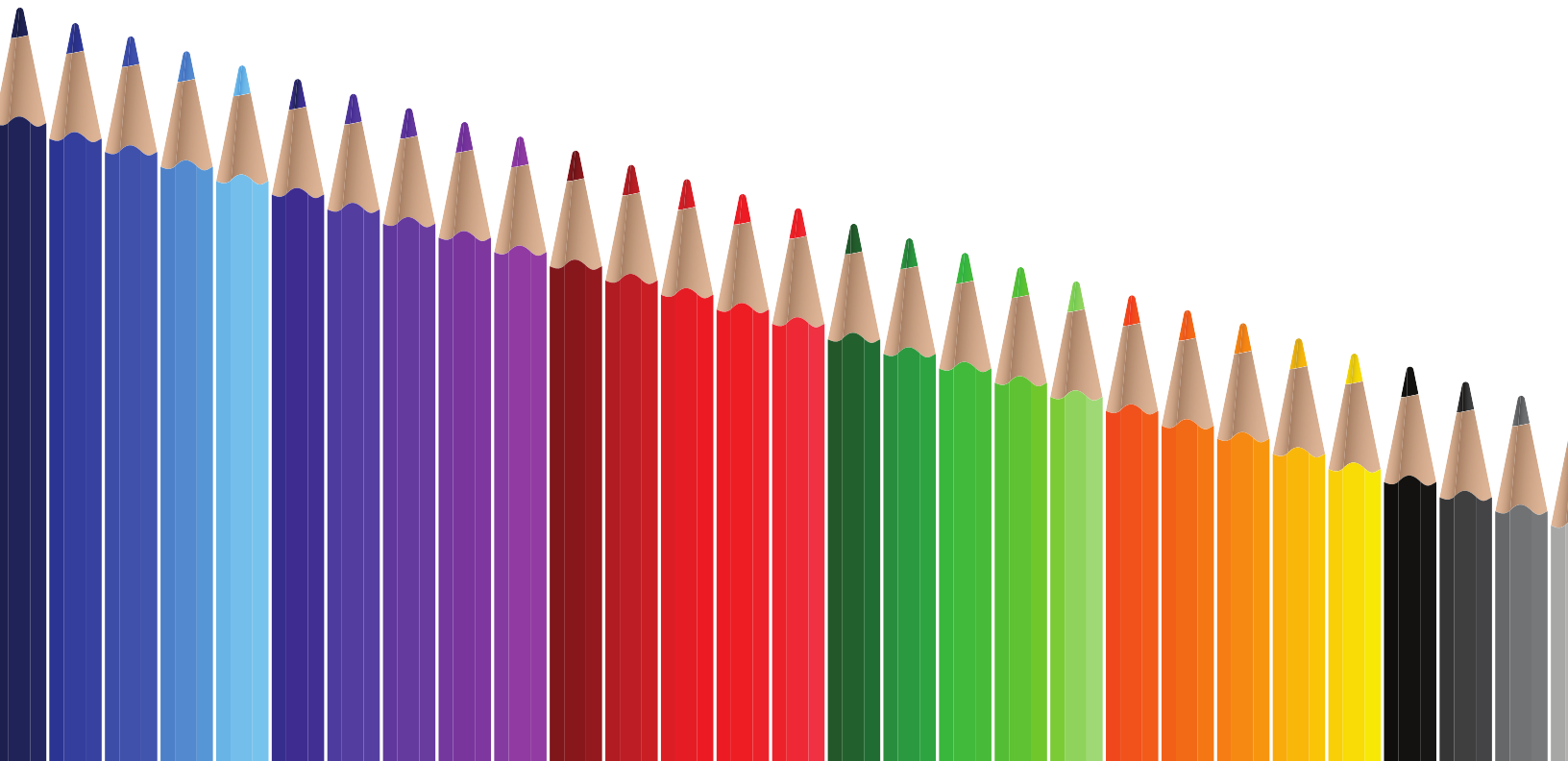


Back-to-School with Boys Town Training & Press

Stress & Worry



Stress & Worry

What is stress?

Do you ever feel like you have too much on your plate? All those chores, homework assignments, and other responsibilities just keep piling up? You're constantly worried about getting all of that done? That's stress!

How do I manage my stress?

Try these steps:

1. What situations cause you stress?
2. When you become stressed, how do you respond? Do your shoulders tense? Do you clench your fists?
3. Take a deep breath, practice some relaxation activities to try to calm down.
4. Take a few minutes to think about: how can I use these strategies in the future?
5. Remember to reward yourself for using these strategies!



Skills To Review with Students

Asking for Cool Down Time

1. Recognize that you are becoming agitated (temperature increasing, heart racing, etc.).
2. Calmly get the attention of an adult.
3. Ask politely, "I feel I am getting upset. May I please have a few moments to calm down?"
4. If the answer is "Yes," quietly use the provided time to practice your relaxation strategies, such as taking deep breaths or counting down from 10 silently in your head.
5. If the answer is "No," accept the "No" calmly and remain quiet.

Using Anger Control Strategies

1. If a person is talking to you, continue listening and acknowledging what he or she is saying.
2. Monitor your body's feelings and how quickly you are breathing.
3. Breathe slowly and deeply.
4. Give yourself instructions to continue breathing deeply and relax your tense body areas.
5. If appropriate, calmly ask the other person for a few minutes to be by yourself.
6. While you are alone, continue to monitor your feelings and instruct yourself to relax.

Skills To Review with Students

Dealing with Frustration

1. Identify feelings of frustration as they arise.
2. Determine the source of these feelings.
3. Breathe deeply and relax when frustrations arise.
4. Discuss frustrations with a caring adult or peer.
5. Find alternative activities that promote feelings of success.

Managing Stress

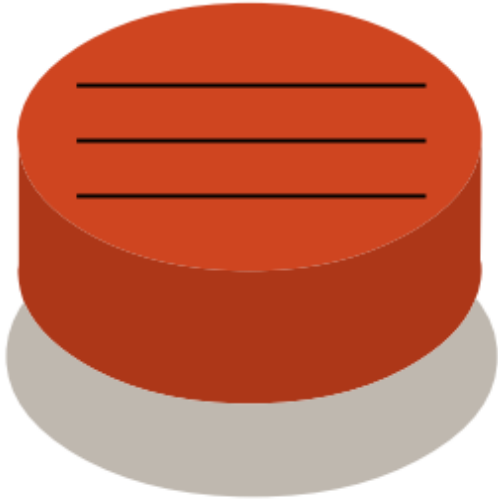
1. Identify situations or circumstances that produce stress.
2. Learn your body's responses to stressful situations.
3. Use relaxation cues to overcome stress responses.
4. Generalize these relaxation cues to the situations that tend to cause stress.
5. Reward yourself for using stress-management techniques.

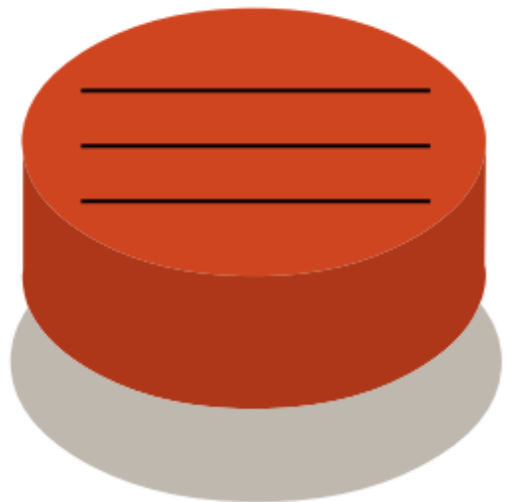
Coping with Change

1. Identify exactly what is changing.
2. Ask questions for clarification.
3. Remain calm and relaxed.
4. Appropriately discuss your feelings about the change with a caring adult.
5. Avoid becoming unmotivated or depressed.

Pause Power

Directions: What are your biggest buttons? Write them on the buttons below. Then, on the lines next to the button, write down ways you could stay calm in those situations and keep your cool.





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Worrywart Woes Journal

Directions: Think about something that worries you.
Fill out the journal prompts below.

I worry about _____.

I worry because _____

_____.

I can try talking to these people about
it because they might worry about it

too: _____.

A positive outcome in this situation

would be _____

_____.

I can work towards this outcome by

_____.

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Creating a Stay Calm Plan

1

IDENTIFY TRIGGERS

Start by identifying the triggers that make you upset.

Write down what makes you lose your temper and be specific. Include the who, what, where and when.

2

WARNING SIGNS

Think about how you feel and how your body reacts (clenched teeth, sweating, shaking, etc.) when you're about to lose it.

The more you're aware of these warning signs, the more proactive you can be to take immediate steps to calm yourself.

3

DE-ESCALATE

Identify specific strategies or actions you can do to de-escalate the tension.

Do whatever works best for you, whether it's walking away from the situation, taking a deep breath and exhaling slowly or other methods.

REMEMBER...

Staying calm sometimes requires a lot of effort, and you have to work at it. But getting verbally or physically abusive is never okay. Always try to model the behaviors and actions you want (and expect) from children. But if you do yell or react in ways that are more threatening than loving, apologize and say you'll do better next time.

Time-out isn't just for the kids. It's a good stress-reducer for you, too. When you're overwhelmed, step into a private space for a few moments, collect your thoughts, calm your emotions and then return to the situation.

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Creating a Stay Calm Plan

1

What are your triggers?

2

What are some warning signs?

3

What will you do to calm down?

Example: Flower breathing, balloon breathing, etc.

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Stress Stinks Coloring Pages

Amelia is feeling smothered by all her responsibilities. All her stress and negative thoughts are causing Amelia to have stinking thinking!



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Stress Stinks Coloring Pages

Good thing her mom knows a cure for those rotten thoughts!



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Stress Stinks Word Search Grades 5+

Directions: Complete the word search below.

Then, talk with a parent, teacher, or classmate about what each word means to you.

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | K | A | V | O | P | H | N | O | N | H | N | A | S | A | T | J | T | R |
| D | S | R | E | S | P | O | N | S | I | B | I | L | I | T | I | E | S | Z |
| E | S | F | M | A | N | A | G | E | T | B | A | V | A | S | Q | R | I | R |
| I | E | N | L | D | S | T | H | G | U | O | H | T | S | E | F | Y | N | P |
| T | N | E | U | U | E | U | E | D | A | I | M | I | U | L | L | D | O | O |
| E | E | F | Y | I | K | M | N | R | D | K | F | E | O | F | U | E | I | Y |
| U | R | S | T | U | C | K | L | O | I | R | Y | T | V | C | S | R | T | T |
| G | A | R | E | S | E | T | R | E | U | A | M | F | R | O | T | E | C | E |
| N | W | G | M | J | M | N | F | S | H | U | K | Y | E | N | E | H | E | I |
| O | A | L | V | E | E | N | T | H | R | W | Y | A | N | T | R | T | F | X |
| T | F | Q | P | Z | L | R | P | T | A | Q | R | C | N | R | E | O | R | N |
| S | L | J | D | Z | A | T | N | G | E | N | R | E | D | O | D | M | E | A |
| U | E | N | A | T | U | A | D | H | A | V | O | I | V | L | S | S | P | D |
| U | S | I | I | N | T | U | S | O | O | J | W | Y | Z | O | F | A | R | P |
| W | E | O | O | T | X | U | D | J | W | R | S | E | K | A | T | S | I | M |
| R | N | D | F | I | T | A | H | W | I | N | S | I | R | B | S | O | O | E |

Self-awareness
Perfectionist
Tongue-tied
Flustered
Nervous
What If
Stuck

Responsibilities
Self-control
Smothered
Thoughts
Tantrum
Anxiety
Reset

Overwhelmed
Frustration
Melt Down
Mistakes
Manage
Worry

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Stress Stinks Word Search Grades K-4

Directions: Complete the word search below.

Then, talk with a parent, teacher, or classmate about what each word means to you.

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | H | O | U | G | H | T | S | N | M | I | U | M | O | F |
| O | T | O | N | G | U | E | T | I | E | D | O | F | M | F |
| A | N | X | I | E | T | Y | Q | U | L | F | Y | R | U | O |
| N | E | R | V | O | U | S | Q | M | T | H | Y | U | C | U |
| S | T | U | C | K | X | M | E | I | D | T | A | S | K | S |
| U | W | E | E | E | L | R | E | S | O | C | N | T | S | E |
| S | T | R | U | G | G | L | E | T | W | W | O | R | R | Y |
| N | N | N | P | B | S | C | Y | A | N | M | U | A | R | C |
| A | R | S | X | T | S | R | W | K | K | T | U | T | O | R |
| X | M | A | N | A | G | E | R | E | S | E | T | I | D | Q |
| P | C | X | J | C | C | C | E | S | V | U | D | O | N | E |
| T | O | Q | T | A | N | T | R | U | M | O | O | N | J | P |
| W | H | A | T | I | F | U | U | F | O | V | W | G | S | W |

Tongue-tied
Nervous
What if
Stuck
Reset

Stressed
Thoughts
Tantrum
Anxiety
Tasks

Frustration
Melt Down
Mistakes
Manage
Worry

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Use coupon code B2S2020 at boystownpress.org for 25% off of Boys Town Press storybooks and activities!

The Boys Town Education Model

Empowering Learning Communities | Transforming Social Climates

ARE YOU IMPLEMENTING THE BOYS TOWN EDUCATION MODEL IN YOUR CLASSROOM OR SCHOOL?

If so, be sure to take advantage of all the resources we have to help you!

- FREE on-demand webinars you can watch anytime
- Low-cost on-demand training to help you practice the teaching interactions, increase your fluency and confidence and learn more about helping children learn skills and develop their social and emotional competencies.
- Free Social Skills Lesson Plans
- Check out the Boys Town Press for additional resources and books that are designed to support behavior change and skill teaching.

We have many options to meet your needs! The first step is to just have a conversation to talk about your goals and needs. We help you develop a plan that can range from attending an on-campus national workshop to having Boys Town Trainers come to you to train staff, trainers, and consultants. Just like behavior interventions and supports it is not one size fits all.

If you want to learn more about our Model and tools, be sure to visit our website. We have webinars, articles and resources with information on how our model can help you build social and emotional competencies in all students to improve school culture and build positive relationships.

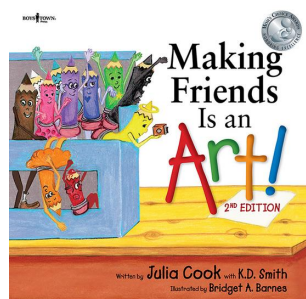


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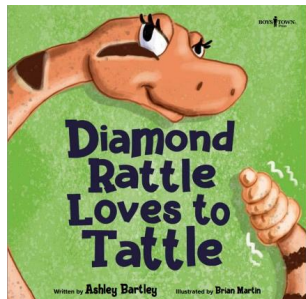
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IMPROVING CHILDREN'S BEHAVIOR THROUGH ENTERTAINING STORIES

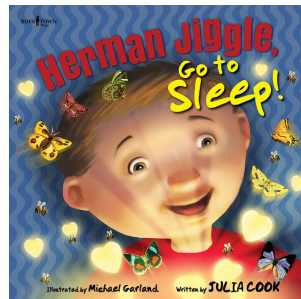
NEW TITLES FALL 2020



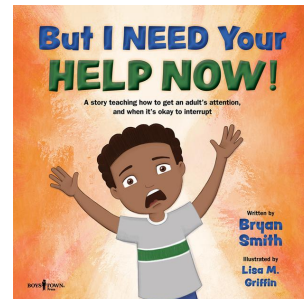
Celebrate the many talents of others



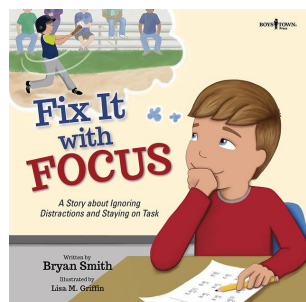
Learn the difference between reporting & tattling



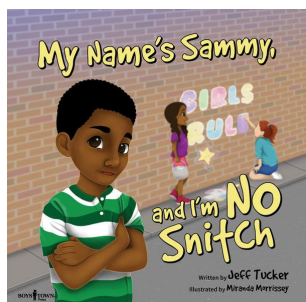
Help your child with their bedtime routine



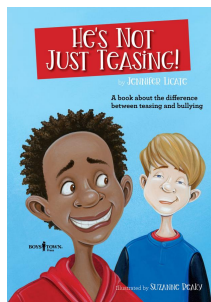
Teach children how & when to get an adult's attention



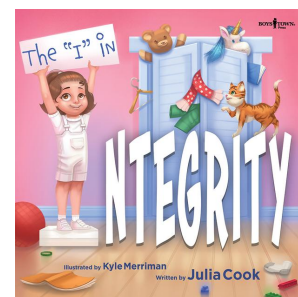
Learn to ignore distractions & stay on task



Teach children the difference between snitching & reporting



Learn the difference between teasing & bullying



Learn about using integrity & doing the right thing

WHAT WE DO

Our publications are based on the proven techniques used in our Boys Town Programs. When you purchase from Boys Town Press, you help support our mission of strengthening children, families and communities through our life-changing care.

OUR PRODUCTS...

give practical, real-world skills you can use to manage behavior, build strong relationships, and teach social skills to children.

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