

For older learners.

Print and cut out all eight cards. Match stressors with coping skills.



A
You start at a new school and feel overwhelmed by all the CHANGES. Your friends move far away.

5
Conversation about interests together. I know you have NEW friends. I wish I could write to my friend from his new

B
You take part in an after-school activity but feel like you have to learn new skills. You as others by yourself.

3
Breathe. Make a plan. Then get friends to help you SEARCH for the item you want.

C
You must give a presentation TOMORROW to a group and you feel nervous about it.

6
Know you've set better things. Practice regularly. Build your ABILITIES.

D
You join a new group and meet many new people. You give a gift to your friend who has just moved.

8
Ask a friend to help you choose a new hobby. Support and advice on ways to adapt to CHANGE.

E
Your caregivers gave you something valuable to hold on to but you can't find it now. You're worried about

7
Get a good night's sleep so that you feel energized and focused TOMORROW.

For younger learners.

Print and cut out all eight cards. Match stressors with coping skills.



A You start a new school and feel overwhelmed by all the CHANGE. This winter break...

5 You know your friends are going to start about shared interests to get to know your NEW friends. I'd like to go to this winter break...

B You take part in an after-school activity but feel like you aren't as SKILLED as others. This winter break...

3 Then, get friends to help you SEARCH for the item. hcmwip in by this winter break...

C You must give a presentation TOMORROW to a group, and you feel nervous about it. This winter break...

6 Practice regularly to build your ABILITIES. Know you'll get better with time. This winter break...

D You join a new group and meet many NEW people. xiv a wcam people. xiv a wcam people. This winter break...

8 Ask trusted adults for close friends for support and advice on ways to adapt to CHANGE. McG. This winter break...

E Your caregivers give you something valuable to hold onto, but you can't FIND it now. This winter break...

7 Get a good night's sleep so that you feel energized and focused TOMORROW. This winter break...