

You can't completely avoid stress, but you can learn to cope with it by flipping the script and thinking of a positive way to channel how you're feeling. In this puzzle, you'll need to pair a stressor with a potential coping skill. But it's not so easy as just matching. Sometimes when you're stressed, it's hard to think straight. We've hidden and distorted the words in this puzzle to make them harder to read, simulating how it can feel when you're under stress. Don't worry though! You'll have the tools you need to cope.

There are three versions of the puzzle, each with a different level of difficulty. In all versions, there are five stressor cards labeled with letters and five coping skill cards with numbers. Start by printing the puzzle of your choice and cutting out the cards along the dotted lines. Mix the cards up.

Next, read the cards. The most challenging version of the puzzle uses a red film decoder. (You can make your own using clear plastic, like plastic wrap, colored with a red permanent marker.) Hold your decoder over the cards to read the text. The second version uses a mirror. Hold the cards up to a mirror to read the text. The final version does not need a decoder or mirror.

Whichever version you choose, start by placing your stressors in alphabetical order. Then match a coping skill to each stressor. The numbers will reveal the secret code. Enter the code into the Science Friday Enigma Machine to find out if you're right and get your digital badge.

Version 1: Decoder Needed

Cut out the cards on the dotted line. Mix them up.

Match a stressor with a coping skill.



A You start at a new school and feel overwhelmed by all the CHANGES. You write a letter to your friends.

5 You have a conversation about your school and feel interested together. You know your NEW friends. You write a letter to your friends.

B You take part in an after school activity but feel like you have to learn new skills. You ask others for help.

3 You 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 You 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.

8 You ask a friend for support and advice on ways to adapt to CHANGES.

E Your caregivers gave you something valuable to hold onto but you can't find it now.

7 You get a good night's sleep so that you feel energized and saved TOMORROW.

Version 2: Mirror Needed

Cut out the cards on the dotted line. Mix them up.

Match a stressor with a coping skill.



<p>A You start a new school and feel overwhelmed by all the CHANGE. This winter break...</p>	<p>5 The conversation started about shared interests to get to know your NEW friends. I could say to my friends that...</p>
<p>B You take part in an after-school activity but feel like you aren't as SKILLED as others around it. This winter...</p>	<p>3 Then, get friends to help you SEARCH for the item. hcmwip in by this winter break...</p>
<p>C You must give a presentation TOMORROW to a group, and you feel nervous about it. This winter...</p>	<p>6 Know you'll get better with time. Practice regularly to build your ABILITIES. by this winter break...</p>
<p>D You join a new group and meet many NEW people. xiv a wcam people. xiv a wcam people. xiv a wcam...</p>	<p>8 Ask trusted adults for close friends for support and advice on ways to adapt to CHANGE. McG. by this winter break...</p>
<p>E Your caregivers give you something valuable to hold onto, but you can't FIND it now. by this winter break...</p>	<p>7 Get a good night's sleep so that you feel energized and focused TOMORROW. by this winter break...</p>

Version 3: No Special Equipment Needed

Cut out the cards on the dotted line. Mix them up.
Match a stressor with a coping skill.



<p>A: You start at a new school and feel overwhelmed by all the CHANGES.</p>	<p>3: Breathe. Make a plan. Then, get friends to help you SEARCH for the item.</p>
<p>B: You take part in an after-school activity but feel like you aren't as SKILLED as others.</p>	<p>5: Try conversation starters about shared interests to get to know your NEW friends.</p>
<p>C: You must give a big presentation TOMORROW to a group, and you feel nervous about it.</p>	<p>6: Know you'll get better with time. Practice regularly to build your ABILITIES.</p>
<p>D: You join a new group and meet nine NEW people.</p>	<p>7: Get a good night's sleep so that you feel energized and focused TOMORROW.</p>
<p>E: Your caregivers gave you something valuable to hold onto, but you can't FIND it now.</p>	<p>8: Ask trusted adults or close friends for support and advice on ways to adapt to CHANGE.</p>