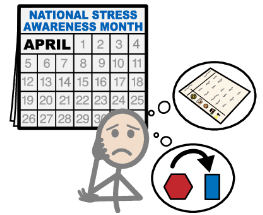




WHAT



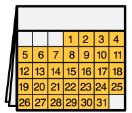
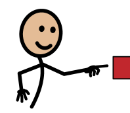
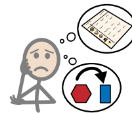
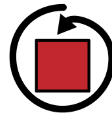
STRESS AWARENESS MONTH



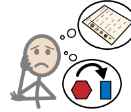
April is National Stress Awareness Month in the U.S.



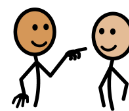
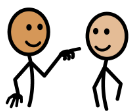
People can learn about stress during this month.



Everyone feels stress sometimes.



You may feel stress when you are worried.





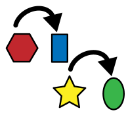
Many things at school or home can cause stress.



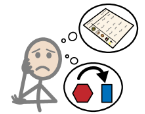
or



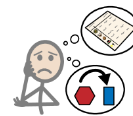
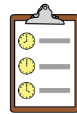
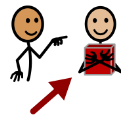
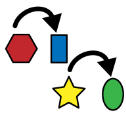
Changes at school and home can cause stress.



+



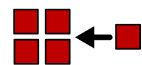
Changes to your schedule can cause stress.



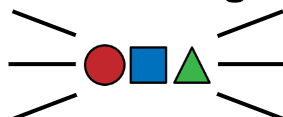
Homework and tests can cause stress too.



+

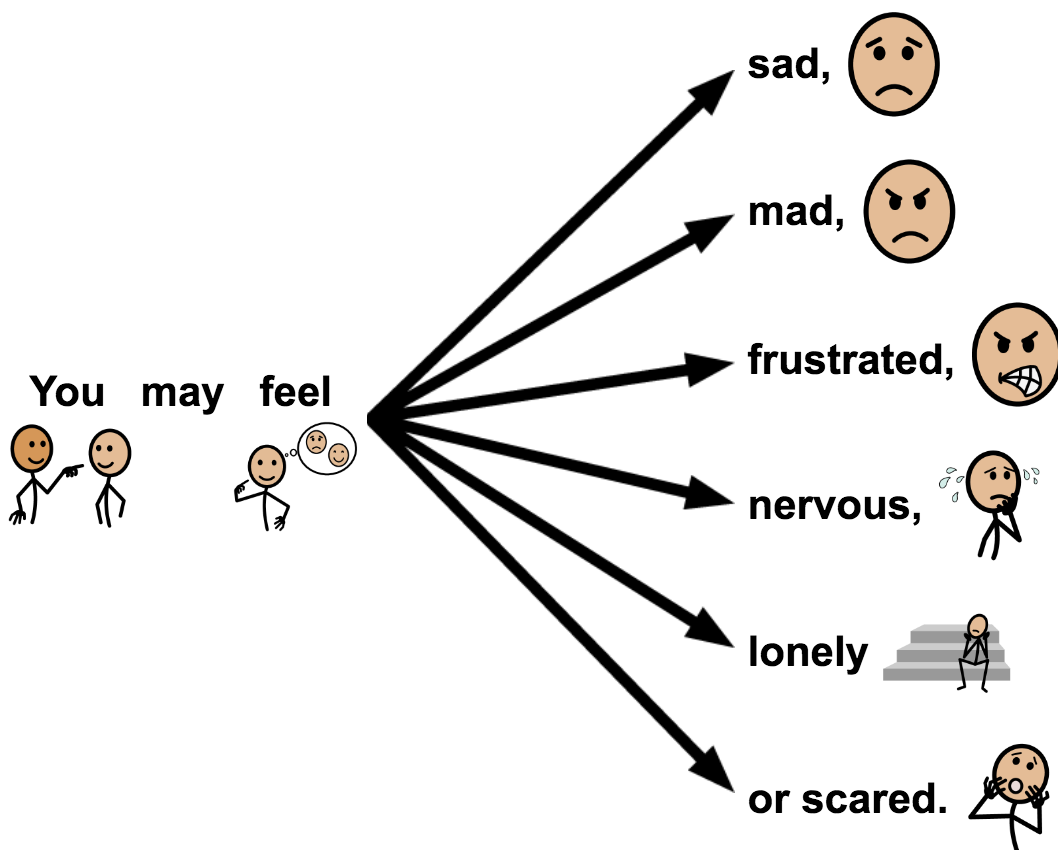
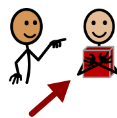
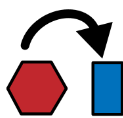


Trying new things can cause stress.





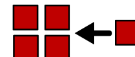
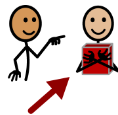
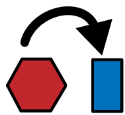
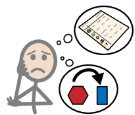
Stress can change your feelings.



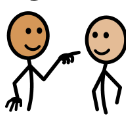
You may feel less happy or less excited.



Stress can change your body too.



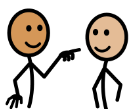
Stress can give you a headache or stomachache.



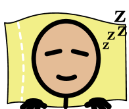
or



You may not



sleep



well



when



you



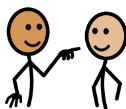
feel



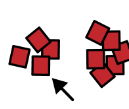
stress.



You may eat



less



food.

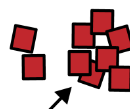


Or

you may eat



more

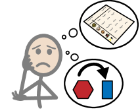
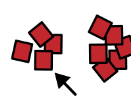
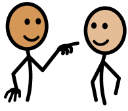


food.

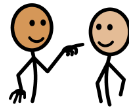




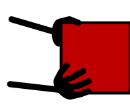
You can do activities to feel less stress.



You can exercise.



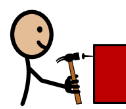
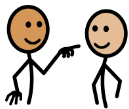
You can get better sleep.



You can eat healthy foods.



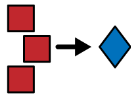
You can do something that makes you happy.*



***Read this week's Extension Activity to find more ways to feel less stress.**



Other



people



can help



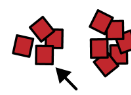
you



feel



less



stress.



You can talk



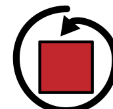
to



someone



about



stress.



You can talk



to a



friend,



parent,



teacher



or school counselor.

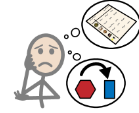
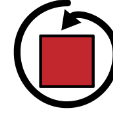


A school counselor works in a school.

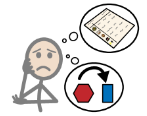
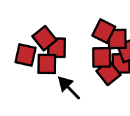
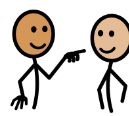
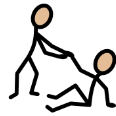




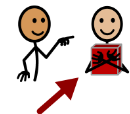
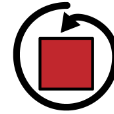
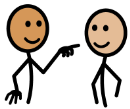
You can talk to a counselor about stress.



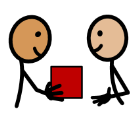
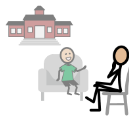
A counselor can help you feel less stress.



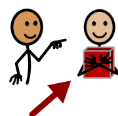
You can talk to a counselor about your feelings.



A counselor can give you ideas to feel better.

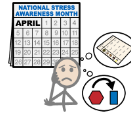


Does your school have a counselor?

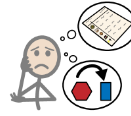




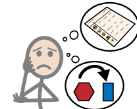
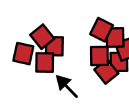
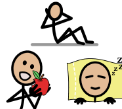
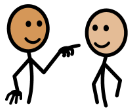
April is National Stress Awareness Month.



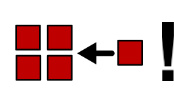
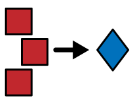
Everyone feels stress sometimes.



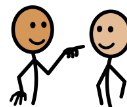
You can do activities to feel less stress.



Other people can help you too !



What do you do when you feel stress ?

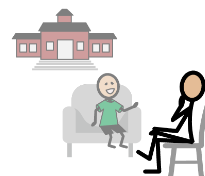




WHO



SCHOOL COUNSELOR



A school counselor works in a school.



A school counselor usually has an office in a school.



A school counselor helps students.



A counselor talks



to students about



stress,



classes,



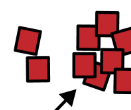
jobs,



colleges



and more.





WHERE

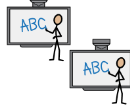


SCHOOL

A school counselor works in a school.



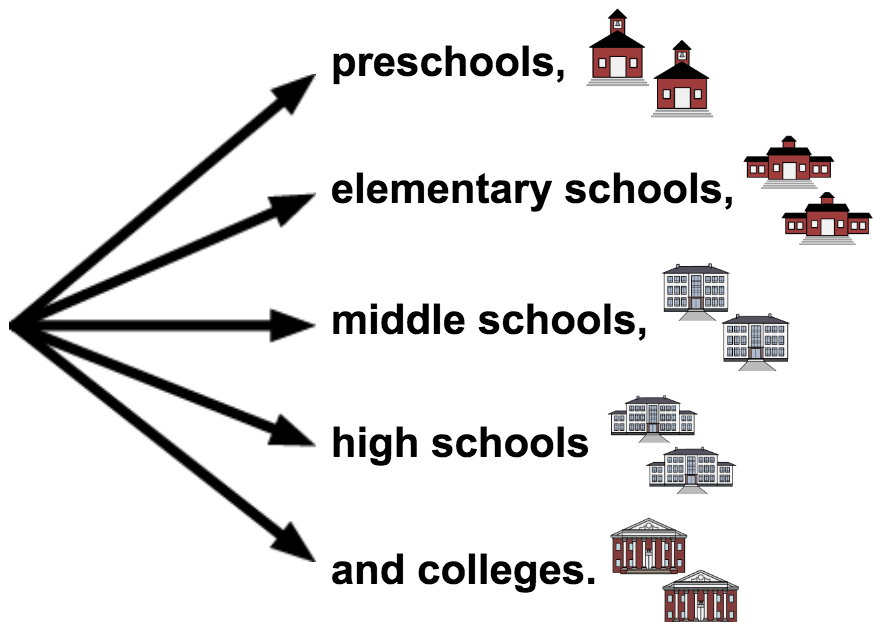
Teachers teach students in a school.



Cities may have many schools.



Cities may have





LESS-STRESS SMOOTHIE



½ C orange juice



1 C orange sherbet



2 bananas, peeled and sliced



15-oz can sliced peaches, drained



½ t vanilla extract

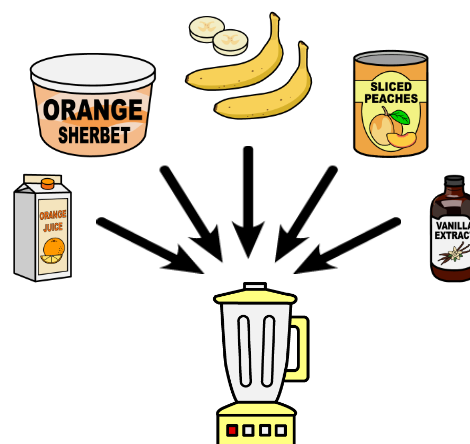


blender



NOTE: Always consider student food allergies when preparing recipes.

1. Put juice, sherbet, bananas, peaches and vanilla extract into blender.



2. Blend until smooth.



3. Drink.






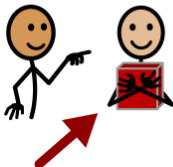

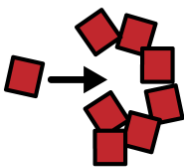



● Knock, Knock.  

Who's there ? 

● Feel. 

Feel who ?  

● Feel your cup with a smoothie.     

Fill





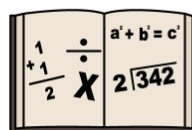
joke page



● I have a joke ! 

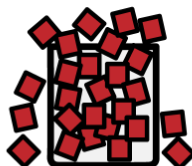
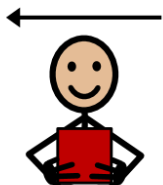
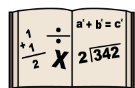
Tell me !  

● Why was the math book sad ?



I don't know. Why ? 

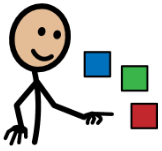
● It had too many problems !



$$\begin{array}{l} 1+1=2 \\ 2 \times 2=4 \end{array} !$$

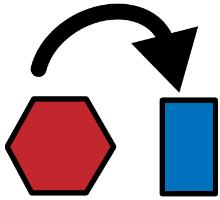
problems





Choose the pictures about STRESS AWARENESS MONTH.

change



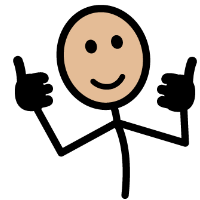
mining



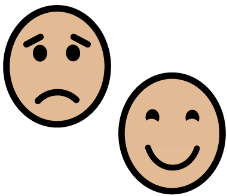
sad



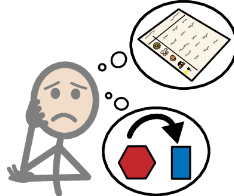
better



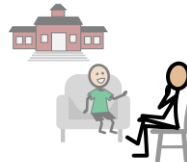
feelings



stress



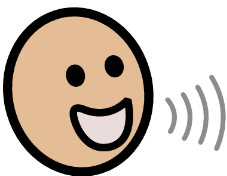
school
counselor



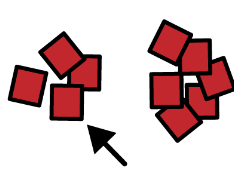
penguin



talk



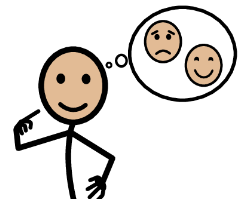
less



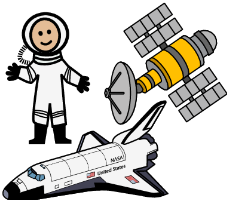
dresser



feel



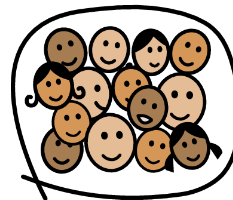
space program



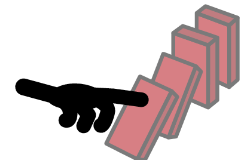
exercise



everyone



cause

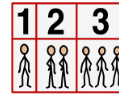




1. **WHAT** is the paper about ?



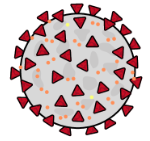
2020
Census
2020



Stress
Awareness
Month



Coronavirus



2. **WHO** can you talk to about stress ?



school
counselor



zombie



alien



3. **WHERE** does a school counselor work ?



park



museum



school



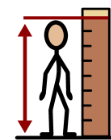
4. **WHAT** can stress change ?



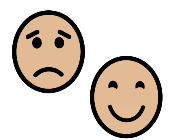
eye color



height



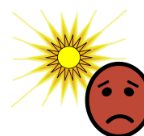
feelings



5. **WHAT** can stress give you ?



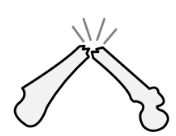
sunburn



headache



broken bone



6. **WHAT** can cause stress at school ?



tests

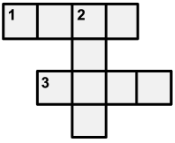


hiking



vacation





puzzle page



ACROSS 

DOWN 

2  cause

3  talk

5  stress

6  feel

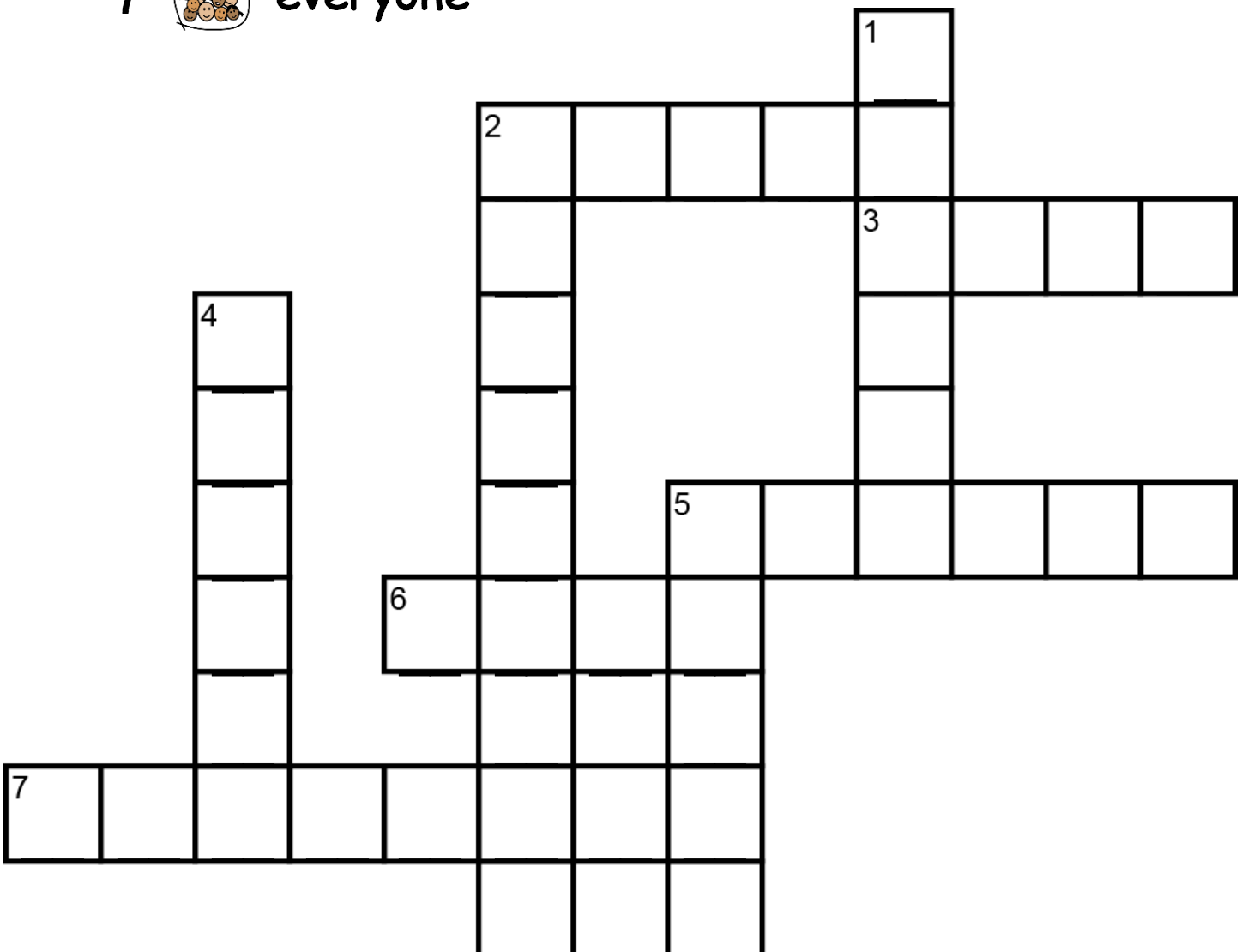
7  everyone

1  better

2  counselor

4  change

5  sleep

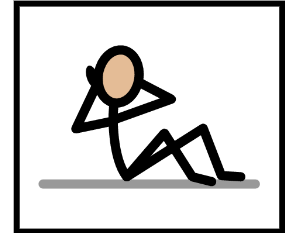
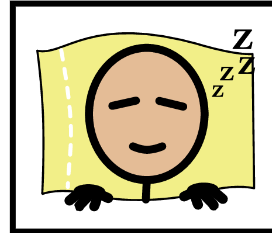
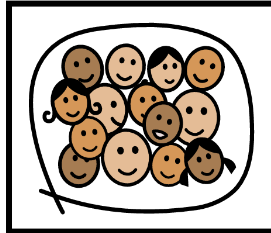
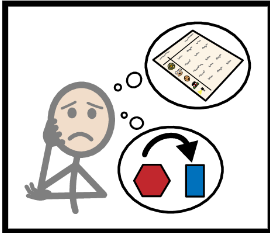



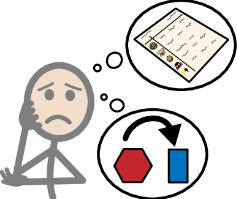
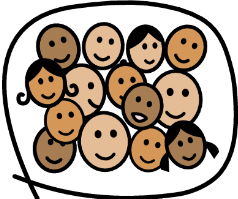
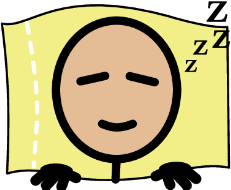

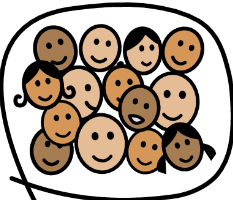
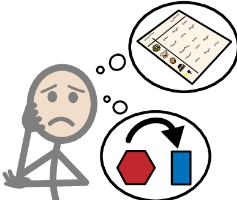
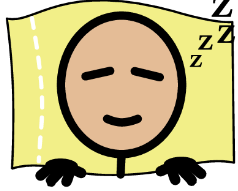
	4		3
1		2	
	2		1
3		4	

sudoku page



Fill in the grid using the pictures below so that every row, every column and every large box contains the following four items:



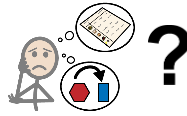
			
			
			
			



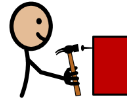
think page



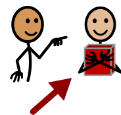
1. WHAT causes you stress ? Why ?



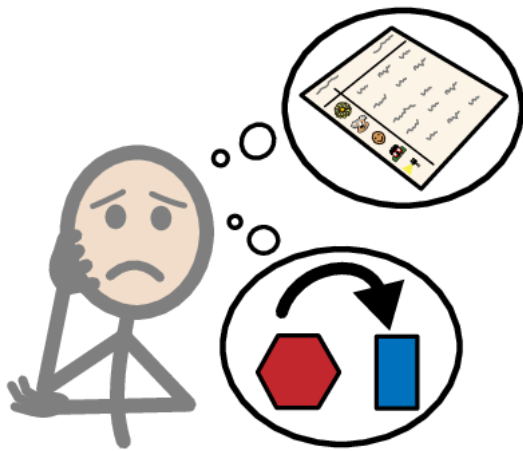
2. WHAT is something that makes you happy ?



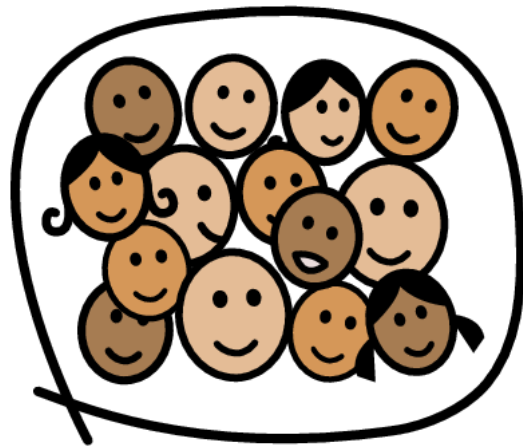
3. WHAT is your favorite healthy food ?



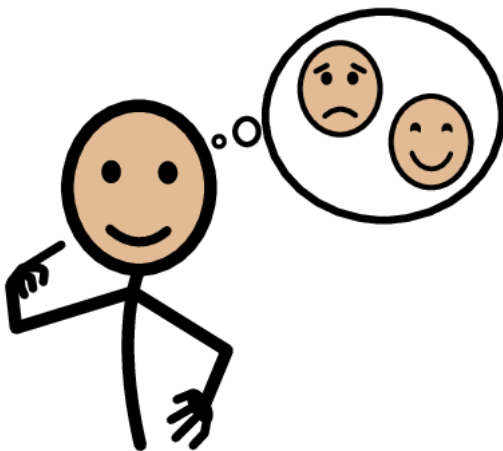
stress



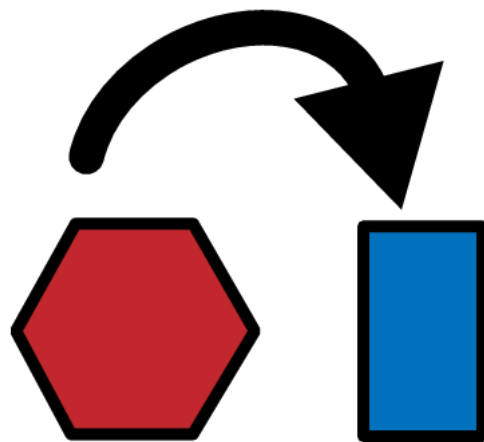
everyone



feel

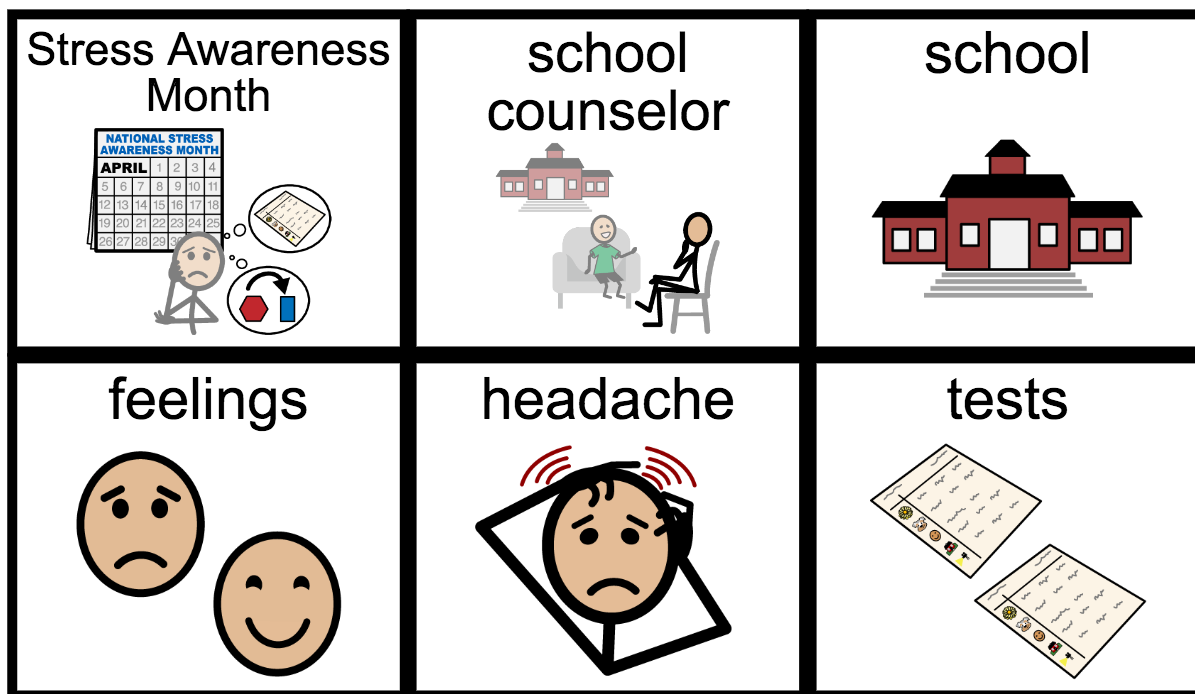


change





Cut out the items below to use as errorless choices for the review page.



Cut out the items below and paste answers into the Sudoku page.

