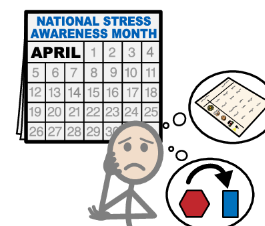




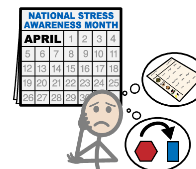
WHAT



STRESS AWARENESS MONTH



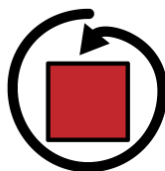
April is National Stress Awareness Month.



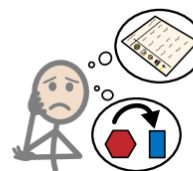
People can learn



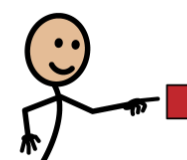
about



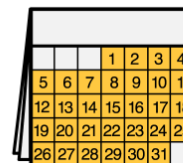
stress



this



month.





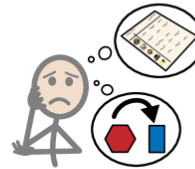
Everyone



feels



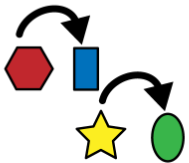
stress



sometimes.



Changes



at



home



and



school

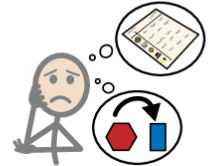


can

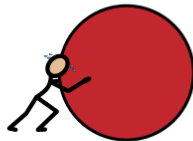
cause



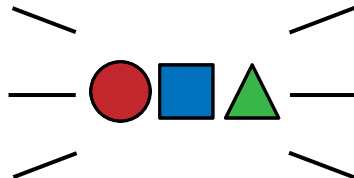
stress.



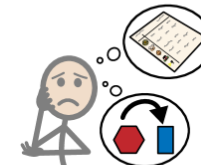
Trying

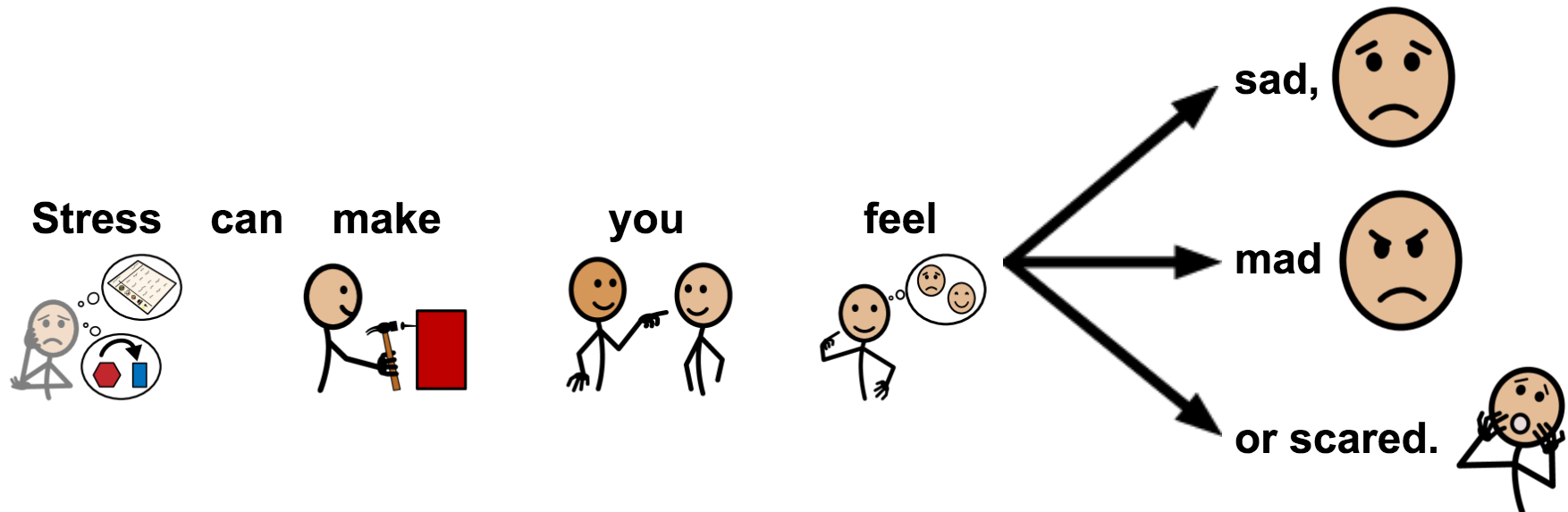


new things can cause



stress.

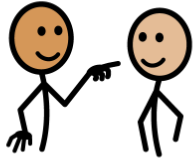




* Read this week's Extension Activity to find more ways to feel less stress.



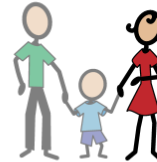
You can talk



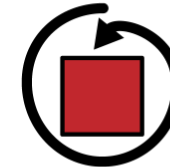
to



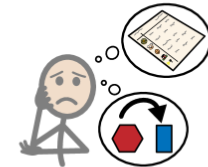
a parent



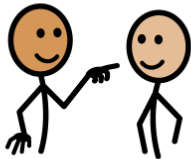
about



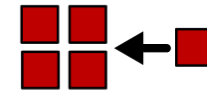
stress.



You can talk



to a school counselor too.



A school counselor works in a school.

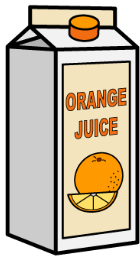




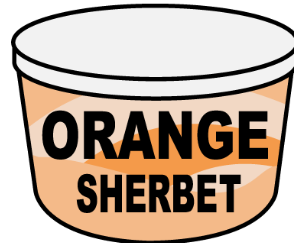
LESS-STRESS SMOOTHIE



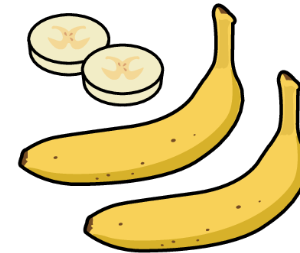
½ C orange juice



1 C orange sherbet



2 bananas, peeled and sliced



15-oz can sliced peaches, drained



½ t vanilla extract



blender



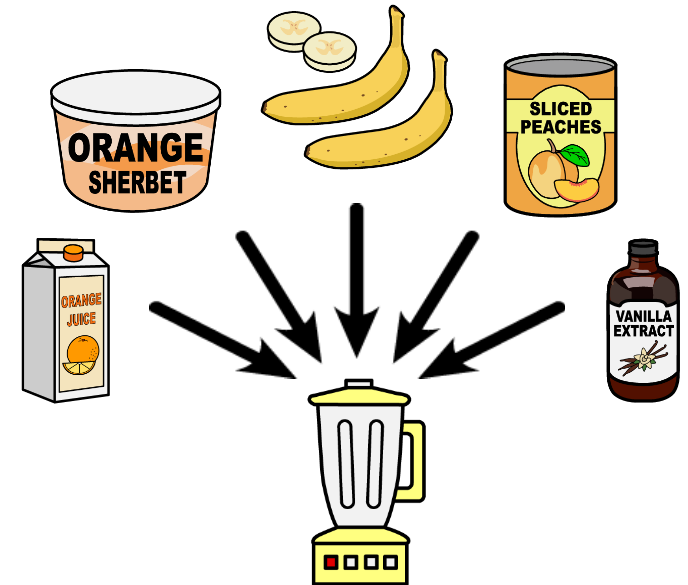
NOTE: Always consider student food allergies when preparing recipes.



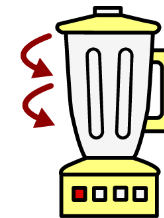
recipe page



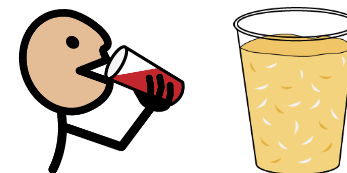
1. Put juice, sherbet, bananas, peaches and vanilla extract into blender.



2. Blend until smooth.



3. Drink.





● Knock, Knock.  

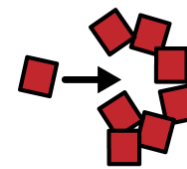
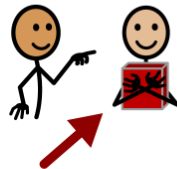
Who's there ? 

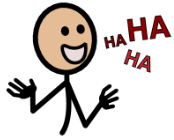
● Feel. 

Feel who ?  

● Feel your cup with a smoothie.

Fill




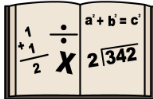


joke page

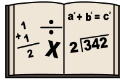

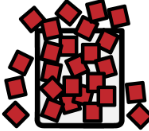


● I have a joke !

Tell me !

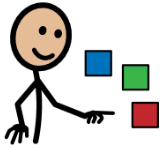
● Why was the math book sad ?
   

I don't know. Why ?

● It had too many problems !
  
$$\begin{array}{l} 1+1=2 \\ 2 \times 2=4 \end{array} !$$

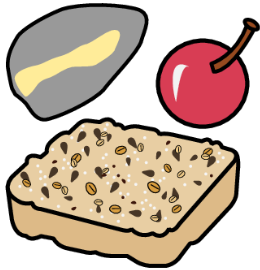
problems



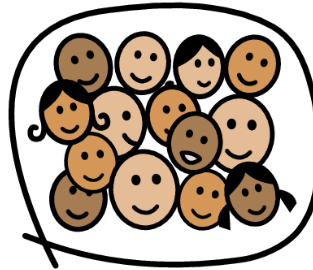


Choose the pictures about STRESS AWARENESS MONTH.

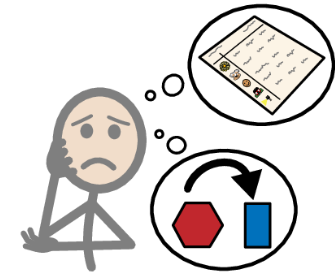
bird food



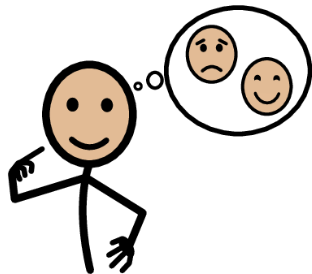
everyone



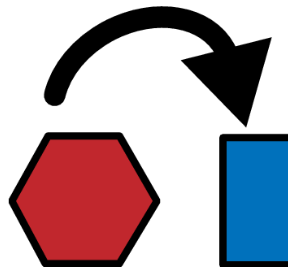
stress



feel



change



cement truck

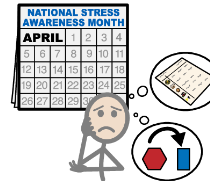




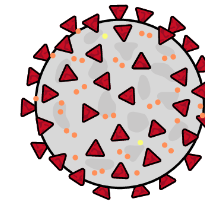
1. WHAT is the paper about ?



Stress Awareness Month

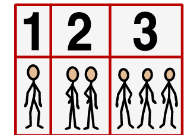


Coronavirus



2020 Census

2020



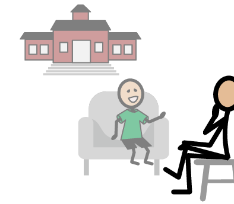
2. WHO can you talk to about stress ?



zombie



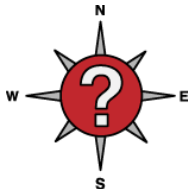
school counselor



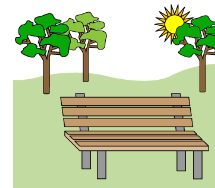
alien



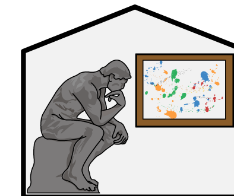
3. WHERE does a school counselor work ?



park



museum

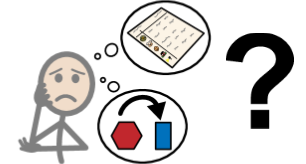
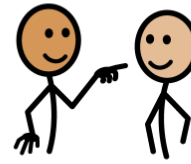
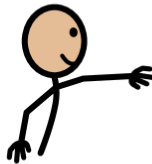
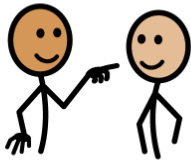


school





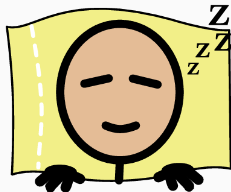
WHAT do you do when you feel stress ?



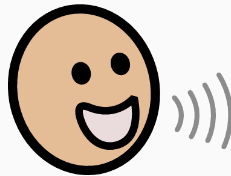
exercise



sleep



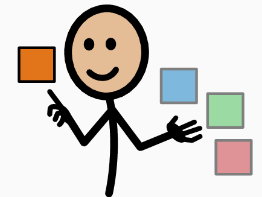
talk



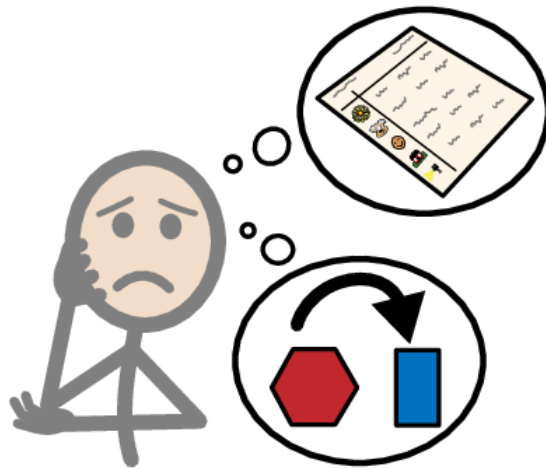
read



something else



stress



everyone

