



... for parents

1.4 A NIGHT IN THE FOREST

Recognizing your emotions and stress

Your child has taken part in an OFF-TRAIL workshop on **emotions and stress**. They learned to recognize their emotions and identify situations that cause them stress.

DID YOU KNOW?

Stress is the body's normal reaction to danger. This is necessary in many situations, for example when faced with a bear in the forest. In everyday life, the body reacts to stress in exactly the same way as it would to a bear. However, the dangers are really not the same and the sources of stress are different. Stress can be caused by situations such as an exam or a conflict with friends or family.

NOW IT'S UP TO YOU!

Help your child recognize signs of stress by asking them how their body feels (clammy hands, heart beating faster, knot in the stomach, etc.). You can search the Internet for the article “101 Stress Relief Activities for Kids” to find strategies to help your child cope with stress.

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