

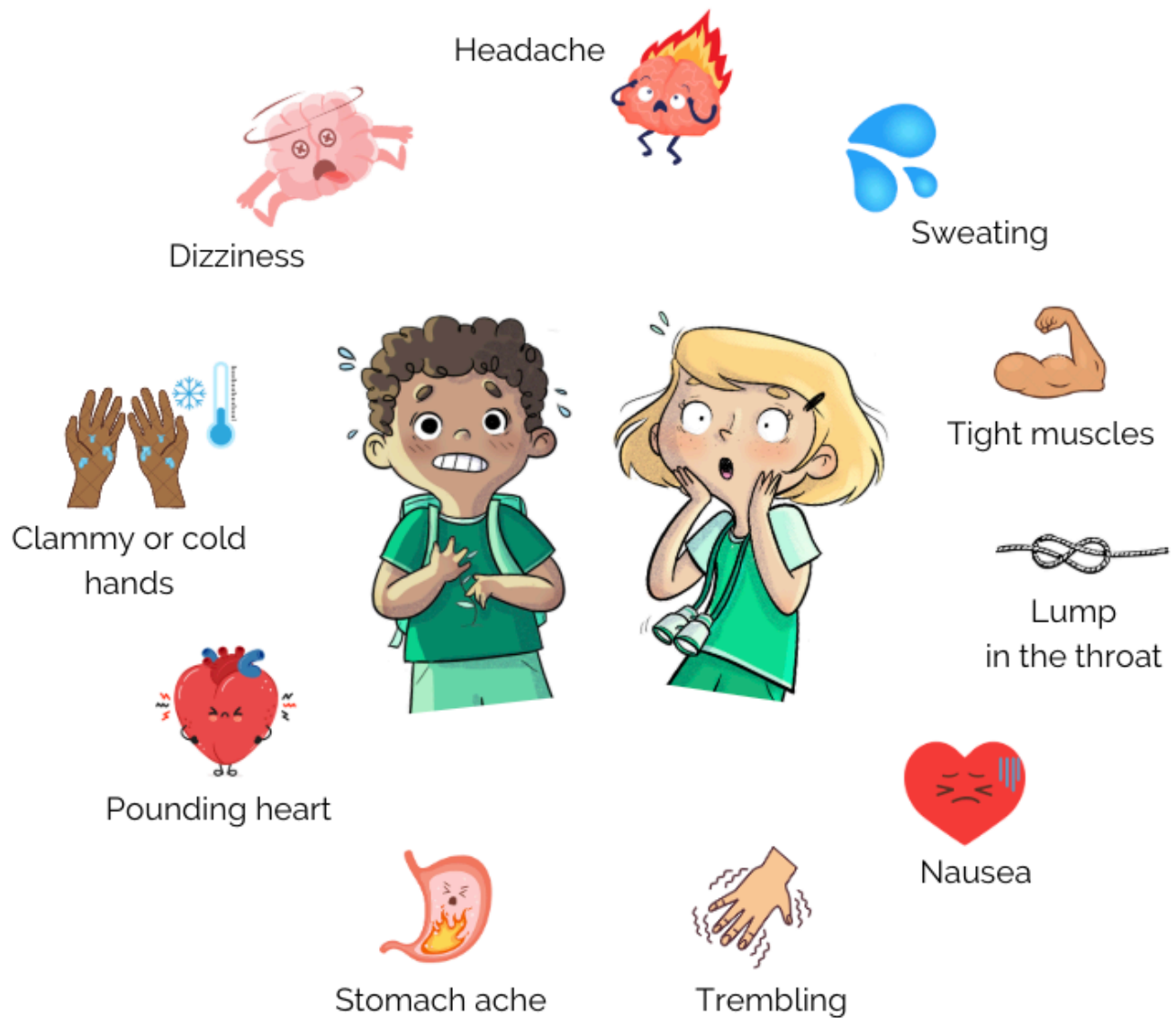
HANDOUT TO PRINT

Sensations, emotions, thoughts

I'm no good	I don't know how to do it	I feel like the others are going to laugh at me	Upset stomach
I don't know what to say	A lump in the throat	I can't do it	Clammy hands
Sweaty	Pounding heart	I'm afraid	Worried
Clenched jaw	Irritable	Sad	Angry
I never get it right	I'm no good	It's too difficult	Hot
Rapid breathing	Headache	I want to answer	Happy
Restless	Anxious	It sucks	I don't want to do it

HANDOUT TO PRINT

Physical sensations related to stress and anxiety



You may also experience other
physical sensations

(Berthiaume, 2017)

HANDOUT TO PRINT
Ways to calm yourself down



Yoga



Physical activity



Meditation



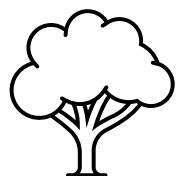
Dance



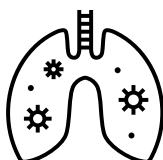
Drawing



**Talking
about it**



Nature



Breathing



Scan me



To learn more about ways you can calm yourself down (website currently available in French only):

HANDOUT TO PRINT
Resource people in our school

Resources	Names	Roles



WORKSHEET TO PRINT

Resisting the influence of others

Say no

Argue for your choices

Ask the other person to
explain their reasons

Get help from others

Propose another option

Use humour

Join with positive allies



HANDOUT TO PRINT
A hurricane in my head

