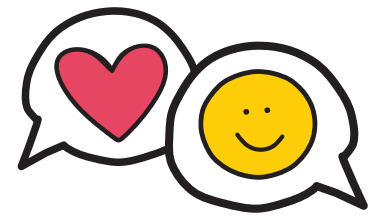


Conversation Starters About Stress



Teaching kids how to master stress starts with helping them understand stress and how it affects them.

Choose from these prompts to guide discussions about how children can best respond to stress.

Conversation Starters

How do you know when you're feeling stressed?

Conversation Starters

How do you feel stress feel in your body? Think about your tummy or your head.

Conversation Starters




What are some positive things about stress?

Conversation Starters

What are some negative things about stress?

Conversation Starters



If your stress had a color, what would it be and why?

Conversation Starters

Tell me about a time when you felt stress and how you responded.

Conversation Starters

Talk about a time when you handled stress really well.

Conversation Starters

How can you tell when your stress is becoming harder to deal with?

Conversation Starters



What do you tell a friend who is feeling stressed?

Conversation Starters



What do you need more of when you're stressed?

Conversation Starters

How can others support you when you feel stressed?