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What is Stress Relief

Stress relief helps kids manage feelings and stay calm!

DEFINITION

Stress relief is the process of reducing stress and anxiety. It helps kids feel better and cope with challenges.

KEY CONCEPTS

Deep Breathing

Taking slow, deep breaths can calm the mind and body.

Physical Activity

Exercise releases endorphins, which improve mood and reduce stress.

Mindfulness

Being present in the moment helps kids focus and relax.

Positive Thinking

Focusing on positive thoughts can change how we feel about stress.

Talking it Out

Sharing feelings with someone can help relieve stress and provide support.

EXAMPLES

- Taking a walk when feeling overwhelmed.
- Practicing deep breathing before a test.
- Drawing or coloring to express feelings.

MEMORY TIPS

- ★ Remember 'Breathe, Move, Focus' for stress relief techniques.
- ★ Use the acronym 'CALM' for Calmness: Calm your breath, Acknowledge feelings, Let go, Move your body.
- ★ Think of 'PETS' for Positive Emotional Techniques: Play, Exercise, Talk, Smile.

COMMON MISTAKES

- ✗ Ignoring stress signs until it becomes overwhelming.
- ✗ Using unhealthy coping methods like junk food or screen time.
- ✗ Not asking for help when needed.

QUICK RECAP

Stress relief is essential for kids to manage emotions and stay healthy. Techniques like deep breathing, exercise, and talking can help reduce stress. Remember to practice these methods regularly for the best results.