



Stress

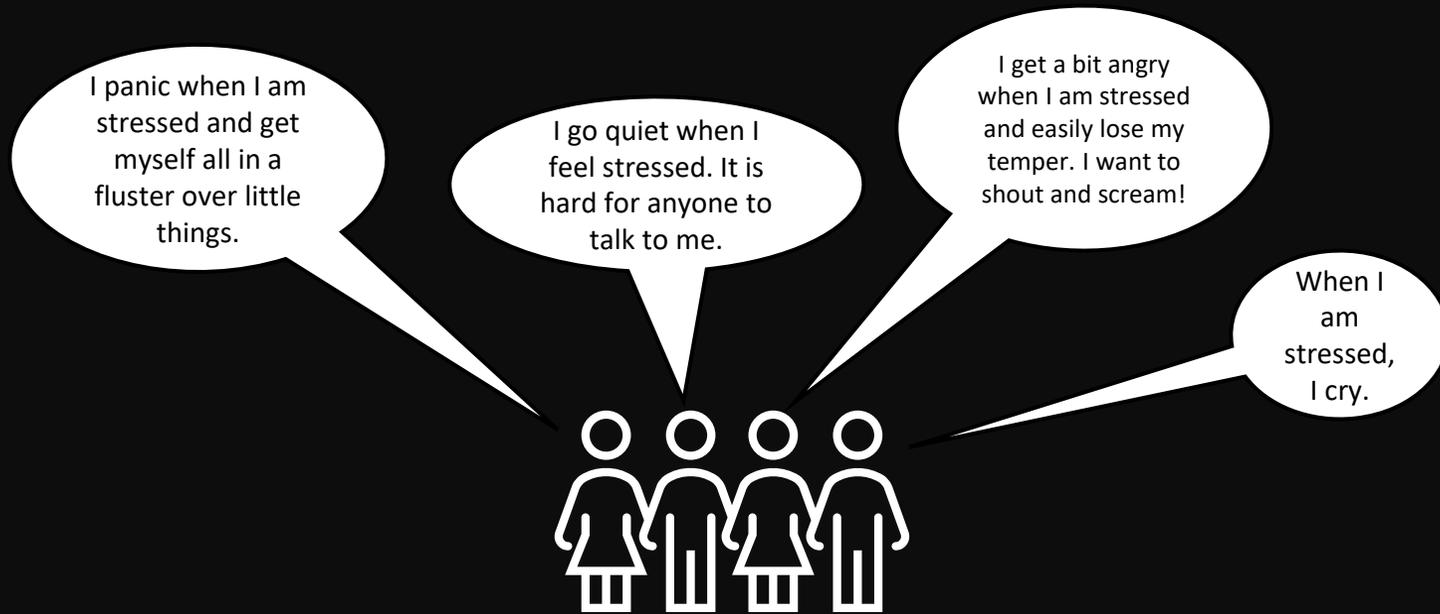
KS2 Assembly 15/04/2024



What is Stress?

- Sometimes, our minds can get so full of different emotions that we struggle to keep control of them.
 - We can feel like they are overflowing.
 - This feeling can be called stress – when our emotions overwhelm us, and our worries get stuck in our head and bother us.
 - Sometimes, they bother us so much, we can't really think about anything else.
 - We might even notice our bodies are affected too, with things like headaches or stomach problems.
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I panic when I am stressed and get myself all in a fluster over little things.

I go quiet when I feel stressed. It is hard for anyone to talk to me.

I get a bit angry when I am stressed and easily lose my temper. I want to shout and scream!

When I am stressed, I cry.

What does stress feel like for you?

Write or Draw

When you're stressed, you can sometimes be carrying around loads of pressure and negative thoughts. Writing your thoughts down can help you to let out these feelings and think differently.

Writing a diary, making notes or drawing can also help you work out what's making you stressed. You can then try to avoid these things in the future and know how to get support.



Relax

Relaxation means doing something safe and enjoyable which helps you feel calm. And relaxing activities can help you feel more focussed and able to deal with stress and worries.

There are lots of ways to relax. You could try:

- meditation or mindfulness
- muscle relaxation
- breathing exercises
- listening to your favourite music
- going for a walk or spending time outside
- having a bath.

Try setting aside some time to relax every day. This could be in your break at school, when you get home or just before bed.



Plan and Prepare

Sometimes problems can seem too big to deal with, so we end up just worrying, without feeling able to solve anything. This can make the problem seem scarier.

It helps to break big problems down into smaller ones. It's then easier to think of ways to solve them.

You could try:

- **Organising your day.** If you must revise or do chores at home, find a time when you're not distracted by TV, your phone, family or friends. Do tasks one at a time. Do something big, followed by a break and then something small. Breaks are important for rest and help you return to things with a fresh mind.
- **Planning things.** If you have lots of homework or a big project for school, don't rush to do it all at once. Instead, give yourself time to do bits of work over a couple of days so you have space to think and focus.
- **Asking for support.** Sometimes other people can help us. Think about what you need support with and who might be able to help. It could be a friend, someone in your family, a teacher or other adult you trust.



Exercise and be Active

Getting active can help manage stress. Doing something physical releases chemical endorphins into our bodies. And these chemicals can help us cope with difficult feelings.

You don't have to be sporty or competitive. Exercise can include *walking, swimming, yoga, skipping, skateboarding and dancing.*

Find what works for you. Try a few things to see what you enjoy.



Be Healthy

Eating the right food and keeping fit builds your strength and helps you cope with stress.

Eating sugary foods like chocolate and drinking sugary drinks *can* make you feel better for a short while. But too much can make you feel tired and even more anxious. Replacing fizzy drinks and sweets with fruit and water may give you more energy.



How Big is my Problem ?

1
TINY Problem
Changing clothes,
forgetting
something,
tidying up
something (even
if you didn't
make the mess).

2
LITTLE Problem
Not winning at a
game, not
sharing/ taking
turns, someone
playing unfairly in
a game.

3
A Problem
Someone takes
something of
yours, doesn't let
you play with
them at playtime,
a minor accident
(but it didn't
really hurt).

4
BIG Problem
Someone has hurt
you, someone has
said something
unkind to you,
someone won't
let you play/join
in a game (every
breaktime)

5
EMERGENCY
Someone is
and needs
right now
Something
right and o
adult can s

1
TINY Problem
I can fix this
myself!

2
LITTLE Problem
I can sort this
myself - so long
as I remember
the steps.

3
A Problem
You *MAY* need
support from an
adult to solve
this.

4
BIG Problem
An adult will need
to help you
resolve this.

5
EMERGENCY
Get help
immediately as
someone is in
danger!

4
Problem
An adult will
to help you
resolve th

How Big is my Problem ?

Sally keeps telling everyone my secrets. I don't want to come to school anymore...



Harley thinks it's hilarious when I tell everyone about his secrets! Everyone loves hearing about them.