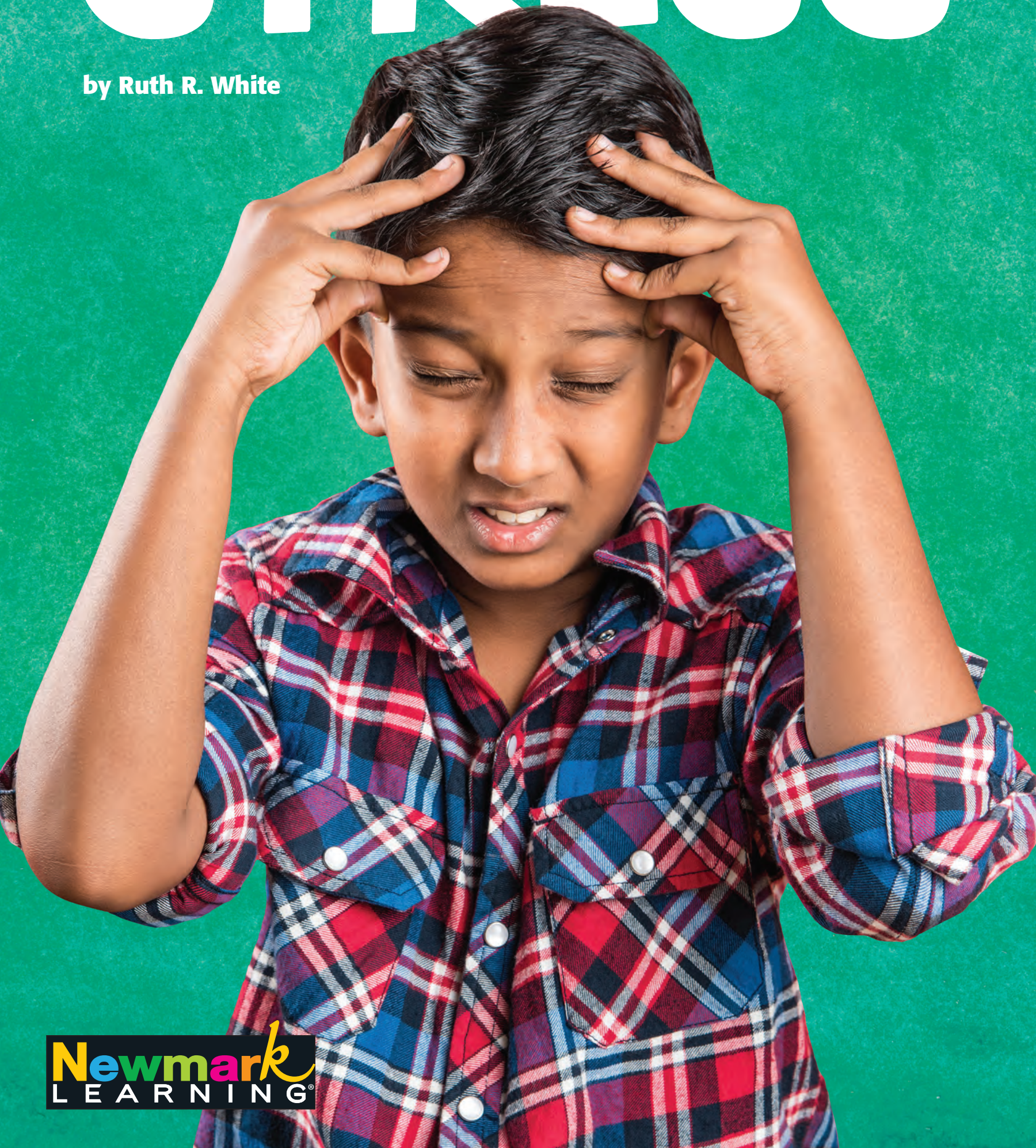
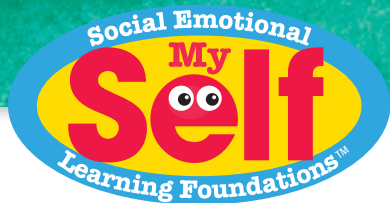


I Can Handle STRESS

by Ruth R. White





SET THEME:

I Can Manage Myself and Set Goals

Build Social and Emotional Intelligence

Encourage children to show they can manage stress by:

- Recognizing that stress can happen anywhere and at any time.
- Talking with friends and family when they feel overwhelmed.
- Developing different strategies to help them deal with stress.
- Believing in themselves and using tools to help them handle stressful situations.

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How to Read This Book with Children

- 1 Read aloud the title. Discuss what stress means.
- 2 Read aloud the book with children.
- 3 Talk about stress and how it feels.
- 4 Ask children to describe what they can do to handle stressful situations.
- 5 After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- 6 Guide children to connect the text to their own experiences.



I Can Handle **STRESS**

by Ruth R. White



Stress is like a beast!



Things that cause stress are everywhere. I have to learn how to handle different kinds of stress.



At school, these kinds of things can be stressful.





At home, these things can cause stress too.



Stressors, or things that cause stress, are everywhere.

