

THE STRESS STOPLIGHT

A vertical rectangle with a black border and a yellow drop shadow. Inside the rectangle, three large circles are stacked vertically. The top circle is red, the middle circle is yellow, and the bottom circle is green. Each circle is empty, intended for drawing or writing.

STOP! AND THINK!

In the red circle, draw or write words that describe what your stress feels like.

CHANGE! USE YOUR TOOLS!

In the yellow circle, draw or write out your favourite activities to help you calm down and feel better.

I CAN HANDLE THIS!

In the green circle, draw or write out how you may look or what you might say when you feel more calm.