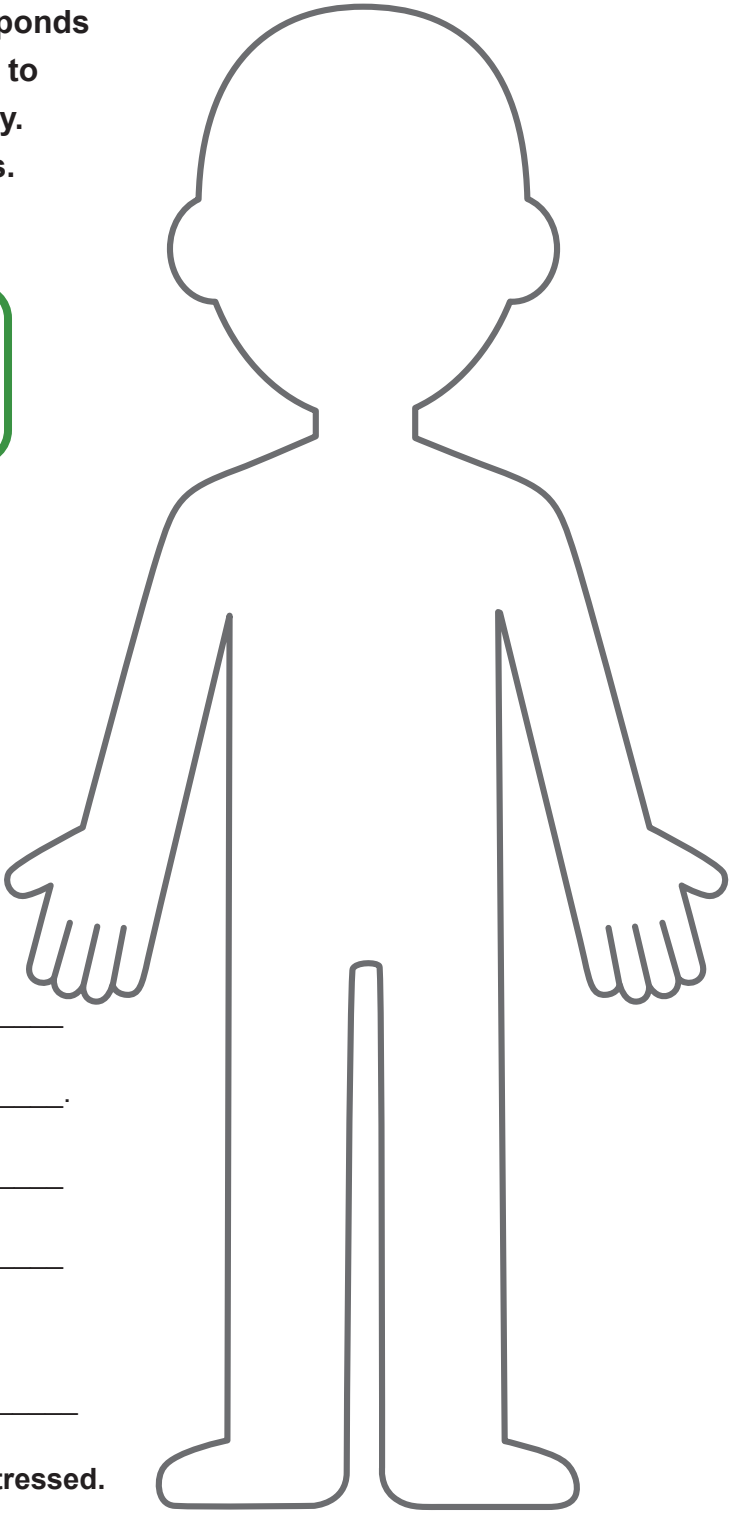


Activity Sheet - 3B: WHERE DO YOU FEEL STRESS?

Name _____ Date _____

Think about how your body usually responds to stress. Use lines, shapes, and colors to show where you feel stress in your body. Then use words to describe how it feels.

Tip: Recall the last time you were angry or upset about something.



I feel stress in my

_____.

My stress feels like

_____.

My _____

feel(s) tight and tense.

My heart _____

_____ when I am stressed.

Other ways I feel stress in my body: _____
