BRICKIE CONNECTIONS

BRICKIE CONNECTIONS #17: Recognize and Release Stress

The greatest weapon against stress is our ability to choose one thought over another. - William James

PRACTICE - STRESS IS FEAR, AND WE CAN RELEASE FEAR.

When you feel stressed, follow the steps of the STOP process:

- Stop.
- Take a breath.
- Observe the feeling of unwanted stress; acknowledge it; and thank it, for it only wants to protect you.
- Proceed.

Play the cooperative learning game Just Like Me, which helps students build connections with their peers. Read aloud the following statements in which students may feel uncertain or worried.

- You sit down in class and realize there's a math test you totally forgot about.
- As you boarded the school bus, you remembered you left your homework and lunch on the kitchen counter.
- You walk outside for recess and realize your friend you were hoping to play with is absent.
- You get to lunch and realize you read the menu wrong this morning and instead of hamburger they are serving bosco sticks.
- You get called to the office and don't know why.