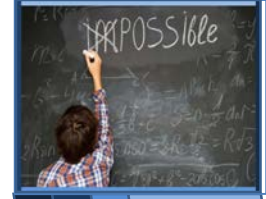




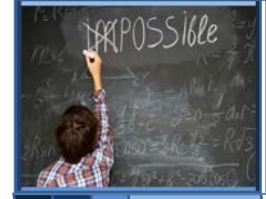
Poster 1

- What is stress?
- What do you think about when you hear the word “stress”?



Poster 2

- How do you know if you are feeling stress?
- What do you feel in your body?
- What thoughts do you have?



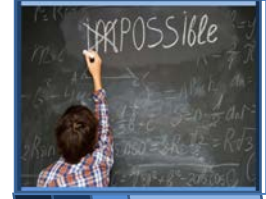
Poster 3

- What causes stress?



Poster 4

- What do you do to relieve stress?
- Do you have any favorite activities?



Poster 5

- What can schools do to help students feel less stressed?



Poster 6

- What are some differences between a fixed and growth mindset?

