

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





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





What causes stress?





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





 What can schools do to help students feel less stressed?





 What are some differences between a fixed and growth mindset?

"Failure gives me a chance to grow" **GROWTH MINDSET** "Challenges help me grow" "I can learn to do anything I want" "What I can do depends on my attitude and how hard I try" "Feedback helps me improve" "I like to try new things" "When other people succeed, it inspires me"

"Failure shows me what I just can't do" **FIXED** "I'm either good at it MINDSET or I'm not" "When I get frustrated, I quit" "I can't change my natural abilities" "I don't like to be challenged" "Everything depends on what you're born with" "If you criticize my work, it's personal" "I stick to what I know"

