

Stress is a natural part of life. Having a toolbox of strategies that can be used when you are stressed is important so that it can be managed in healthy ways. When stress is not managed appropriately it can damage your health, your future, and endanger your life. Who needs that?

Instructions: Use each letter of the alphabet to name something you can **“DO”** that will help you manage stress. The group with the most activities listed after 5 minutes will receive a SPECIAL Treat!

EXAMPLES:

- A- Ask for help
- B- Breathe slowly

A _____	N _____
B _____	O _____
C _____	P _____
D _____	Q _____
E _____	R _____
F _____	S _____
G _____	T _____
H _____	U _____
I _____	V _____
J _____	W _____
K _____	X _____
L _____	Y _____
M _____	Z _____