



The **STRESS**METER

What is a **situation** that causes stress in your life?

- Terrified
- Scared
- Worried
- Anxious
- Nervous
- Shocked
- Confused
- Embarrassed
- Mixed-up
- Unsure
- Hopeless
- Miserable
- Hurt
- Heavy-hearted
- Guilty
- Ashamed
- Sad
- Lonely
- Blue
- Disappointed
- Furious
- Defiant
- Jealous
- Angry
- Disapproving
- Aggravated
- Frustrated
- Impatient
- Annoyed
- Dissatisfied

What **EMOTIONS** are part of the stress?

- Which faces show your feelings?
- Which words describe your feelings?
- Can think of any other words to describe your feelings?

How **BIG** is the stress?

- Use the thermometer to show how intense the emotions are.

	10		10	
	9		9	
	8		8	
	7		7	
	6		6	
	5		5	
	4		4	
	3		3	
	2		2	
	1		1	

- Calm Satisfied Hopeful Loved Pleased
- Excited Confident Optimistic Understood Thankful

