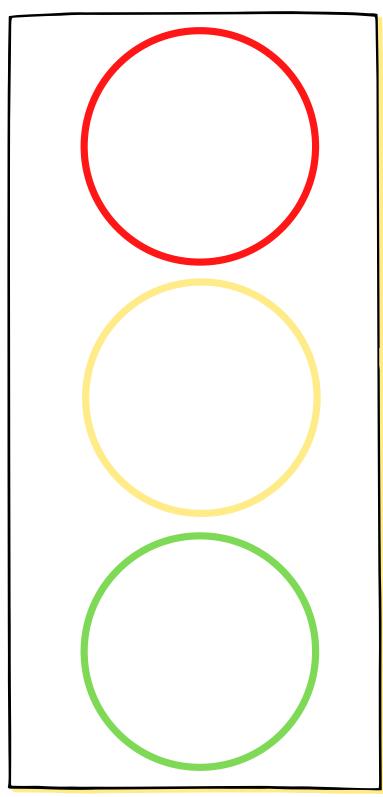
## THE STRESS STOPLIGHT



## STOP! AND THINK!

In the red circle, draw or write words that describe what your stress feels like.

## CHANGE! USE YOUR TOOLS!

In the yellow circle, draw or write out your favourite activities to help you calm down and feel better.

## I CAN HANDLE THIS!

In the green circle, draw or write out how you may look or what you might say when you feel more calm.