



SUPPORT BAG

FOR STRESS AND MINDFULNESS

PROVIDED BY YOUR SCHOOL COUNSELOR

WHAT'S INSIDE

TOOLS TO TACKLE STRESS

IDEAS ON HOW TO USE THE TOOLS
PROVIDED

RESOURCES FOR CONTINUED SUPPORT



ABOUT THE BAG

These bags are designed to help students who are experiencing a high level of stress and their families

These bags are designed to be checked out for 2 weeks. At the end of your time, please return the bag and corresponding feedback form.





WHAT TO RETURN

Please make sure the following items are returned with your bag:

- STRESS BALL
- BOOKS
- CRAYONS
- ORANGE FOLDER AND YOUR COMPLETED SURVEY

WHAT TO KEEP

Please feel free to keep the following items:

- CLEANING WIPES AND TISSUES
- BUBBLE WRAP
- JOURNAL
- PENCIL AND ERASE
- BALLOONS AND BEANS
- PINWHEEL

YOU DECIDE:

Please feel free to keep or return the following items:

- PAPER
 - PLAY DOUGH
 - PAPER PLATE
 - PIPE CLEANER
 - PENCILS AND ERASERS
-



IDEAS FOR USE

HOW TO USE THE TOOLS



STRESS BALLS- SQUEEZE THE STRESS BALL AS YOU BREATHE TO RELAX YOUR MUSCLES AND CALM YOUR BREATH.

BOOKS- READ TOGETHER OR HAVE YOUR STUDENT READ IT ALONE. USE THE DISCUSSION GUIDE INCLUDED TO DISCUSS!

PIPE CLEANERS - BEND INTO SOMETHING THAT REPRESENTS YOUR CURRENT FEELINGS. PIPE CLEANERS REMIND US WE CAN SURVIVE ALL OF THE TWISTS AND TURNS THAT LIFE BRINGS.

PAPER AND JOURNAL

USE THE NOTE BOOK PAPER OR JOURNAL TO WRITE ABOUT HOW YOU ARE FEELING.

NOT SURE WHAT TO WRITE?

- WRITE DOWN YOUR "WHAT IF?" OR "WORRY THOUGHT."
- WRITE DOWN A POSITIVE AFFIRMATION - A HELPFUL THOUGHT THAT CAN MAKE YOU FEEL BETTER. FOR EXAMPLE, "I'M STRONG ENOUGH TO HANDLE ANYTHING THAT COMES MY WAY."
- WRITE DOWN 3 THINGS THAT MADE YOU SMILE TODAY.

THERE ARE ALSO SEVERAL JOURNAL PROMPT PAGES INCLUDED. USE THOSE PAGES AND WRITE DOWN YOUR ANSWERS IN YOUR JOURNAL OR ON THE PAPER.





IDEAS FOR USE

HOW TO USE THE TOOLS



DISCUSSION CARDS ABOUT TESTING AND TEST STRESS- USE THE CONVERSATION CARDS AT DINNER OR IN THE CAR AS AN ICEBREAKER TO GET YOUR STUDENT TALKING.

ROLL THE DICE CARD GAME: USE FOR A FUN FAMILY GAME NIGHT IDEA.

BALLOONS AND BEANS

1. CUT OFF THE BOTTOM OF THE WATER BOTTLE TO MAKE A FUNNEL.
2. BLOW UP ONE BALLOON TO STRETCH IT OUT.
3. PLACE THE BALLOON AROUND THE NECK OF THE BOTTLE.
4. USE THE BOTTLE AS A FUNNEL TO POUR BEANS INSIDE. GO AHEAD AND STUFF THE BALLOON FULL, SMASHING THEM IN WITH YOUR FINGER OR A WOODEN SPOON HANDLE.
5. SNIP THE BALLOON OFF THE BOTTLE.
6. CUT THE NECK OFF ANOTHER BALLOON.
7. PLACE A BALLOON OVER THE BEAN BALL, MAKING SURE THE OPENING OF THE FIRST BALLOON IS CENTERED IN THE BOTTOM OF THE BALLOON.

