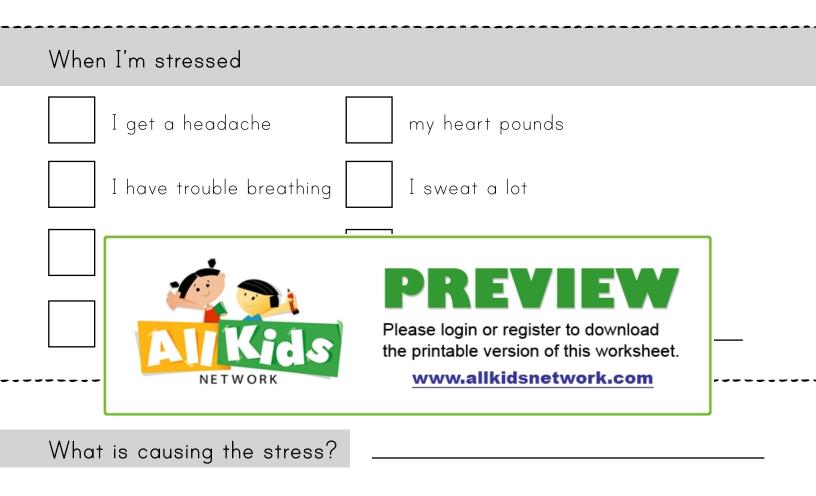
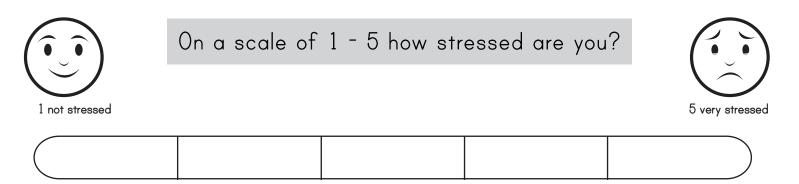


Name _____

Stress Checklist 1





All Kids Network

www.allkidsnetwork.com

 $\ensuremath{\mathbb{C}}$ Copyright AllKidsNetwork.com



Name _____

Stress Checklist 2

Try the things on the checklist when you're upset and write if it helped or not.

I'm stressed and tried



These were not helpful .

www.allkidsnetwork.com © Copyright AllKidsNetwork.com

