



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Morning Stressbusters

Instructions: Write a public service announcement that can be read over the loudspeaker in the morning to help kids who are feeling stressed out. Include some strategies you learned from the KidsHealth.org articles you read about stress. First, write five stressbusting or stress-avoiding tips in the space below. Write your tips so they're easy to remember. Then, include at least three of your tips in your morning stressbuster announcement. You can start writing the announcement after the introduction provided on the next page, or cross that out and write your own intro. Read your announcement aloud to a partner, and have your partner time it so that it can be read in 90 seconds or less.

### Tips to beat or avoid *stress*:

1.

2.

3.

4.

5.



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Announcement:

“Good morning, \_\_\_\_\_ students! Do you ever get  
(name of school)  
stressed out? If you do, you can try some of these tips throughout  
the day – here at school or at home!”





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