

SOCIAL-EMOTIONAL LEARNING

Under Pressure: Managing Stress





Under Pressure: Managing Stress



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Emotions



afraid



calm



jealous



shy



anxious



disappointed



frustrated



silly



angry



embarrassed



happy



surprised



bored



excited



sad



worried

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Let's Talk About Stress



You wake up in the middle of the night, and your heart starts pounding. Your head aches, your hands are sweaty, and your stomach hurts. You immediately start to panic and think that you must be getting sick, but then you remember that it's the first day of school!

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