



Stress Buster Toolkit - For Teachers

Stress impacts students mental and physical well-being, and also impairs their ability to perform academically. This toolkit provides several lessons and activities that can be used in the classroom to help students manage their stress at school and home so they can be champions of their health!

Activity Guides

[KidsHealth](#) This Health Problems Series: Stress created by KidsHealth is based on the National Health Education Standards according to the CDC. It consists of a series of activities that can be used in the classroom to teach high schoolers how to manage their stress.

[Random Acts of Kindness Foundation](#) created a series of stress buster activities appropriate for elementary students.

[Stress Lessons Toolkit](#) This toolkit was developed by the Psychology Foundation of Canada and provides a series of seven lessons and activities to help students understand and manage their stress.

[Stress Reduction Activities](#) The San Francisco United School District developed a series of nine activities designed to teach students fun stress buster activities.

Tips for Reducing Stress

1. **Sleep!** Teach students the importance of sleep, teens should be aiming to get 8-9 hours of sleep every night.
2. **Exercise!** Physical activity is the best way to release stress, students only need to get 20 minutes of exercise a day to reduce their stress.
3. **Nourish!** Student who eat good, feel good. It is important for developing teens to be eating proteins, fruits, veggies, and whole grains, all while reducing processed foods and unhealthy snacks. A healthy diet helps to nourish the body and mind.

Source: <https://grokker.com/cms/stress-buster-for-high-school-student>