

Activities To Go



Stress Catcher

Supplies Provided:

- ✓ stress catcher patterns
- ✓ colored pencils

Supplies Needed:

- markers, crayons
- scissors

Instructions:

This stress catcher offers some strategies for managing stress and difficult emotions. You can play alone or with another person.

1. Color the stress catcher and cut out the square.
2. Place the catcher printed side down. Fold each corner to the center of the square so the numbers and colors are facing you. Turn over the square and fold each corner to the middle so the color names are visible.
3. Fold it in half so the color names are touching. Now open it and fold it in half the other way.
4. Insert your thumbs and first finger of each hand (pinching motion) under the number flaps.
5. Close the catcher till only the numbers show.

How to use the Stress Catcher:

1. Pick a number, then open and close the catcher that number of times.
2. Pick a color, opening and closing the catcher for each letter. (i.e. Red = 3 times)
3. Then, pick a color that is visible and open that flap.
4. Read what it says and practice the coping strategies.
5. Use the blank pattern to create a stress catcher with your favorite coping techniques.

Book suggestions:

Rewire Your Anxious Brain for Teens by Debra Kissen

Mindfulness for Teen Worry: Quick & Easy Strategies to Let Go of Anxiety, Worry, & Stress by Jeffrey Bernstein

The Grit Guide for Teens: A Workbook to Help You Build Perseverance, Self-Control & a Growth Mindset by Caren Baruch-Feldman

Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time by Dzung X. Vo (available also on Libby and Overdrive)

