STRESS AND THE BRAIN
SMALL GROUP ACTIVITY

Have you ever "flipped your lid" or witnessed someone else "flip their lid"? What did you notice? Was it a good feeling or a bad feeling? Discuss with your group.

In your group, brainstorm some of the things in your life that cause you stress. Think about home and school.

As a group, discuss any similarities or differences you notice in your lists. Which setting (home or school) has more sources of stress for different members of your group?

Do you notice any patterns or surprises about the stressors you have listed?

How do you currently deal with stress? How do you help yourself feel better?