


5 challenges: Fight-flight-freeze, positive self-talk, grounding techniques, self-care, and stress & mindfulness




STRESS & MINDFULNESS ESCAPE ROOM

The stress from this past week has you trapped! Everything feels out of control and your to-do list keeps getting longer!

You're having trouble remembering to practice self-care, think positively and reframe your thoughts, identify your needs, and breathe.

BOOKMARK REWARD OPTION #2

GROUNDING TECHNIQUES	GROUNDING TECHNIQUES	GROUNDING TECHNIQUES
1. Identify items for each color of the rainbow	1. Identify items for each color of the rainbow	1. Identify items for each color of the rainbow
2. Take slow, deep breaths, focusing on your breathing	2. Take slow, deep breaths, focusing on your breathing	2. Take slow, deep breaths, focusing on your breathing
3. Notice your senses: What are 2 things you can see right now, what can you hear right now, etc.	3. Notice your senses: What are 2 things you can see right now, what can you hear right now, etc.	3. Notice your senses: What are 2 things you can see right now, what can you hear right now, etc.
4. Think of your happy place	4. Think of your happy place	4. Think of your happy place
5. Run your hand over something textured	5. Run your hand over something textured	5. Run your hand over something textured
6. Practice body scan: Bring awareness to each body part	6. Practice body scan: Bring awareness to each body part	6. Practice body scan: Bring awareness to each body part



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1 Joey got home late from baseball practice. He has a lot of homework and doesn't know how he's going to finish it all

Homework Time C

Baseball School S

2 In social studies, Jordan's teacher gives out a pop quiz. For some reason, he can't think clearly as he takes it.

Flight A

Freeze O

3 A few other boys in Ellie's science class have been teasing her. She isn't looking

Science Test

Being Teased R

PUZZLE #1

THE STRESS KEEPS BUILDING! HAVE YOU STARTED TO IDENTIFY IT YET? COMPLETE EACH PUZZLE TO FIND YOUR FIRST CODE WORD. WHEN YOU THINK YOU HAVE THE RIGHT ANSWER, RAISE YOUR HAND AND WAIT FOR YOUR TEACHER. THEN, TELL THEM THE CODE WORD TO UNLOCK THE NEXT PUZZLE.



CLUE FOR PUZZLE #1

YOU WILL NOT USE ALL OF THE PUZZLE PIECES

Digital version can be used in several ways and starts with a Google Form. Students must have the correct answer to "unlock" the next section

☐ ☆ All changes saved in Drive

Questions Responses

 STRESS & MINDFULNESS
Escape Room 

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Stress & Mindfulness Escape Room

Can you escape?

Name


Short answer text

Image title

 STRESS & MINDFULNESS
ESCAPE ROOM

Puzzle #2

Click the link to unlock puzzle #2, then enter your answer below, all lowercase.

 PUZZLE #2

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Your answer

Back Next

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I do recommend a discussion of the skills included before using. My recommended intro lesson is in the description

ANSWER SHEET

	CODE WORD	SKILL REVIEWED
PUZZLE #1		
PUZZLE #2		
PUZZLE #3		
PUZZLE #4		
PUZZLE #5		


PUZZLE #3



ERASER

PRACTICE DEEP BREATHING


PUZZLE #3



USE YOUR SENSES

PUZZLE #4


USE A CALMING APP



PUZZLE #4

Lauren has been having a really difficult time. She realizes she has been feeling anxious and overwhelmed. Each day she has gymnastics after school, and then helps with her younger brother when she gets home. Lately, it seems like her teachers have been assigning more homework than ever, and her best friend isn't talking to her right now. Although it has been stressful, Lauren is still trying to look out for herself. She makes sure to bring enough Water with her to school and gymnastics Each day, and a well-packed meal for Lunch. Last night she took a Bubble bath, then rEad a favorite book for 15 minutes before bed. She makes sure she is getting enough sleep each nIght too. On the weekends, she spends time doing her favorite hobby: paiNtinG.

Lauren is looking out for her own:



Tape pieces around the room for this puzzle to get students up and moving



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Detailed directions, answer key, and guide included

Stress & Mindfulness Escape Room Directions/Suggestions

- You will need 5 envelopes for each group. *Not all challenge materials will go into an envelope. Assemble envelopes as follows:

Envelope & Challenge #1:

- Puzzle #1 card
- Small puzzle pieces precut and scrambled

Envelope & Challenge #2:

- Puzzle #2 card
- Puzzle #2 puzzle pieces precut and scrambled
- Puzzle #2 base
- Puzzle #2 decoder page

Envelope & Challenge #3:

- Puzzle #3 card
- Puzzle #3 scratch sheet

What completed challenges will look like in your printable version:

Challenge #1: Cortisol

1 Joey got home late from baseball practice. He has a lot of homework and doesn't know how he's going to finish it all

Homework Time C

2 In social studies, Jordan's teacher gives out a pop quiz. For some reason, he can't think clearly as he takes it.

Freeze 0

3 A few other boys in Ellie's science class have been teasing her. She isn't looking forward to science today

Being Teased Science R

4 Sofie's friend Olivia accused her of

5 Haylee n pull her up in m the end week sh big

6 Tod is back i taking garb head behind quickl

7 Mac trier a moy ke r

8 Bre in tr

Certificate:



Error message for incorrect answer:



Stress & Mindfulness Escape Challenge #3

File Edit View Insert Format Slide Arrange Tools Add-ons Help Last edit was 21 minutes ago

PUZZLE #3

YOU'VE GOTTEN CLOSER TO ESCAPING BY REVIEWING POSITIVE SELF-TALK! YOU ARE STARTING TO FEEL MUCH MORE RELAXED. WORK WITH YOUR TEAM TO CONTINUE MELTING THE STRESS AWAY. ENTER THE CORRECT ANSWER ON YOUR GOOGLE FORM TO UNLOCK THE NEXT PUZZLE.

Need help? Uncover me for a clue



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