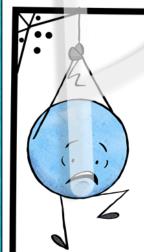
## 5 challenges: Fight-flight-freeze, positive self-talk, grounding techniques, self-care, and stress & mindfulness



### 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 selfcare, think positively and reframe your thoughts,

identify yd breathe

### **POOKMARK REWARD OPTION #2**



Tdowtifu ito

### Bookmark reward for escaping!

- 5. Run your hand over something textured
- 6. Practice body scan: Bring awareness to each body part

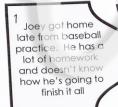


- for each color of the rain 2. Take slow des breaths focusing on your reathing
- your eathing
  3. Notice your
  enses: What
  are 2 things
  you can you se
  right now,
  what can you
  hear right
- 4. Think of your happy place
  5. Run your hand over something textured
- 6. Practice body scan: Bring awareness to each body par

### GROUNDING TECHNIQUES

or each color

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







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





3 A few other boys in Ellie's science class have been teasing her. She



Being Teased Science

THE STRESS KEEPS DUILDING! MAVE 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



YOU WILL NOT USE ALL OF THE PUZZLE PIECES



dentify items or each color of the rainbow ake slow, deep

of the rainbo
Take slow, de
breaths,
focusing on
your breathii
Notice your
senses: What

senses: What are 2 things you can you right now, what can you hear right now, etc.
Think of you happy place Run your har over someth:

5. 4. 6. 5. HT

. κ.

© 2020 Kylie The

Kulie The Creative

# 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

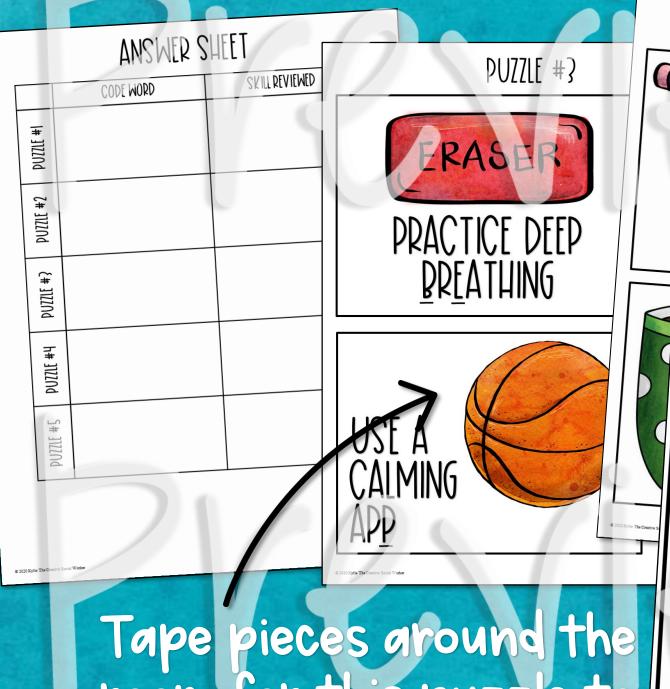
Questions Responses  STRESS & MINDFULNESS  Escape Room  **TOTAL STRESS & MINDFULNESS & Former Room  **TOTAL STRESS	Puzzle #2
Stress & Mindfulness Escape Room  Can you escape?	Click the link to unlock puz
Name Short answer text	
STRESS & MINDFULNESS FSCADE DOOM	

Kylie The Cheative

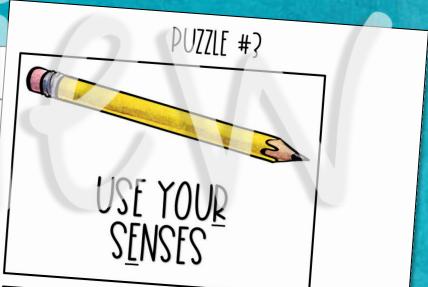


zle #2, then enter your answer below, all lowercase.

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



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



### 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



## Detailed directions, answer key, and guide included

