**Address Your Stress**

Monthly Campaign Announcements:

| Day 1: | I’m sure you’ve heard of stress but what is it? Stress is what you feel when you are worried or uncomfortable about something. When you're stressed you may *not* feel like sleeping or eating, or you might sleep or eat *too much*. You might also feel cranky or have trouble paying attention at school and remembering things at home. This month we will learn all about different ways to help you *Address Your Stress*.  |
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| Day 2: | This month we will learn ways to *Address Your Stress*. Check out the healthy bulletin board (mention location of the bulletin board in school) to find out more about how energy helps you *Address Your Stress*. Laughing helps you relax and reduce stress so how about a joke? Q: Why did the student throw his watch out of the school window? A: He wanted to see time fly. |
| Day 3:  | We are learning ways to *Address Your Stress*. Did you know that exercise is a great way to help yourself when you’re feeling sad or upset? It’s important to get 60 minutes of exercise every day! Let’s get up and move to help improve our mood with 10 jumping jacks. Stand up quietly. Get ready, set, go! 1…2…3…4…5…6…7…8…9…10! Well done!  |
| Day 4:  | Yesterday we talked about how exercise is a great way to *Address Your Stress*. Can you remember how many minutes of exercise students need everyday? Take 10 seconds to tell your classmate if you know the answer!  |
| Day 5:  | Yesterday we asked how many minutes of exercise students need everyday. Congratulations to everyone who said that you need 60 minutes of physical activity every day! Sometimes we get so busy that we stop doing our favorite things, like listening to music, drawing, or hanging out with friends. One thing (PRINCIPAL’S NAME) really likes to do is (Insert his/her favorite activity here). By doing things you enjoy, you’re helping to *Address Your Stress*! Take 10 seconds to tell your neighbor one thing that you enjoy doing.  |
| Day 6:  | Sometimes we feel sluggish and need energy. That is why it is important to eat well and follow Canada’s Food Guide. Remember to fill up on whole grains, vegetables and fruits. Getting outside and eating healthy foods are great ways to *Address Your Stress*.  |
| Day 7:  | Laughter is a great way to *Address Your Stress*. It’s time to get your giggle on! Q: What happened to the plant in math class? A: It grew square roots. |
| Day 8:  | I hope you’ve been working on getting your 60 minutes of exercise! Today, let’s just do a little walk around our desk. Once you’re done give at least two nearby people a high-five and tell them to have an awesome day. Ready… Set…GO walk around your desk! |
| Day 9:  | There are two types of stress: positive stress and negative stress. Positive stress motivates you to complete tasks. Negative stress can lead you to feel sad, tense, or uptight. Remember to *Address Your Negative Stress* by laughing, doing things you enjoy, choosing healthy foods, and exercising.  |
| Day 10:   | Yesterday we talked about two different types of stress. Can you remember what they are? (Pause for time to think) One is positive stress, which helps you get things done, like a deadline for an assignment or test. The other is negative stress, which causes you to feel tense, like when a test is a couple hours away and you haven’t studied! Remember to try and use that positive stress to motivate you! |
| Day 11:  | Smiling at people can help to *Address Your Stress* and someone else’s too. It’ll make you both feel better. Today is a challenge day! How many people can you smile at today? Remember to smile at peers and adults, and try to smile at students who you may not normally interact with. |
| Day 12: | Laughter is a great way to *Address Your Stress*. Laughter is key to getting rid of stress. Here’s a new joke for you. **Which nut sounds like a sneeze?***A Cashew!* |
| Day 13: | Let’s stir up some positive energy this morning! Let’s do 12 chair squats with a big smile on our face. Stand up quietly. Are you ready? Let’s go! 1…2…3…4…5…6…7…8…9…10…11…12! What a great way to *Address Your Stress*!  |
| Day 14:  | It is ok to feel upset, angry, sad or happy. These are feelings we all feel at different times. The most important thing is how we deal with these feelings. If you are sad or angry about something remember that you don’t have to deal with it alone. Find a friend or trusted adult and tell them how you’re feeling. Talking and getting ideas from them are great ways to *Address Your Stress*. There are plenty of people who can help you at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School. |
| Day 15:  | Getting enough sleep is an important way to *Address Your Stress*. Students ages 12-18 years old should get 8-10 hours of sleep or more every night. Sleep gives you energy for the next day. A great way to have a good sleep every night is to develop a sleep routine. This way your body gets used to sleeping at the same time.  |
| Day 16: | Getting enough sleep is an important way to *Address Your Stress*. Our bodies produce a hormone called melatonin *(mel-a-tone-in)*, which is our sleep hormone. Our body’s ability to make this sleep hormone is affected by light. If you are in front of the bright lights of a television, computer or cell phone before bed, your body will not make enough melatonin for you to get a good night's sleep. Try reading a book or going for a walk before bed instead.  |
| Day 17:  | Have you ever felt sick to your stomach during a test? Have you had days when you were doing so much homework that you had trouble sleeping? Have you ever been so worried about something that you ended up with a terrible [headache](http://kidshealth.org/kid/ill_injure/sick/headache.html)? If so, then you know what it's like to feel stress. Remember, a great way to *Address Your Stress* is to be active and spend time with friends. |
| Day 18:  | Laughter is a great way to Address Your Stress. It’s time to get your giggle on! **Which vegetable can’t you take on a boat?***Leeks!* |
| Day 19:  | Don’t forget that laughter is one of the best ways to Address Your Stress - it builds positive stress and makes those negative stresses seem not so bad. It’s time to get your giggle on! **What did one eye say to the other?***Something between us smells!* |
| Day 20 | After school activities are a great way to stay active and healthy. If you’re participating in a lot of different after school activities you might start feeling tired and worried about doing well in all of them. Even if all the activities are fun to you, it might be a good idea to pick your favorite ones for a little while so you can enjoy them stress-free, and leave you some time to have free-play with your friends. Spending time with friends, especially outdoors, is a fantastic way to *Address Your Stress*. |
| Day 20 | The best way to *Address Your Stress* is to have a balanced life. That means making good decisions about how to spend your time. If you spend all of your after-school time on school work and have no time to do the things you enjoy, you can get stressed. If you spend all your after-school time on things you enjoy yourself, this might cause school stress. It’s best to spend some time on homework, some time on things you enjoy,and some time on organized after school activities.  |