**Address Your Stress**

Monthly Campaign Announcements

| Day 1 | Have you ever heard of stress? 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 also may 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 are learning ways to *Address Your Stress*. Check out the bulletin board to find out more how each letter in the word ENERGY can help you *Address Your Stress*. Did you know that laughing helps you relax and reduce stress? I hope I can get some of you to smile with this joke.  Q: How do you make milkshake?  *A: Give it a good scare!* |
| Day 3 | This month 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? Exercise is good for your body and for your mind and it’s important to get 60 minutes every day!  Let’s get up and move to help improve our mood with 10 jumping jacks. Stand up quietly, make sure you have space between you and others … 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 teacher 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, bike riding, painting or reading. One thing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(PRINCIPAL’S NAME) really likes to do is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Insert their favorite activity in 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. |

| 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. During the summer you might want to go and pick your own strawberries, blueberries, or raspberries at a U-Pick farm. Getting outside and eating healthy foods are great ways to *Address Your Stress*. |
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| Day 7 | Laughter is a great way to *Address Your Stress*. It’s time to get your giggle on!  Q: What do you call it when you see fruit punch and a cereal box?  *A: A food fight!* |
| 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 an air high-five and tell them to have an awesome day. Ready… Set…GO! |
| 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? Remember to *Address Your Negative Stress* by laughing, doing things you enjoy, choosing healthy foods, and exercising. If you see (Insert school health facilitator’s/champion’s name) around the school today - ask them what they do to address their negative stresses. |
| 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 students and adults, and try to smile at students in a different grade than you. |
| 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.  Q: Which nut sounds like a sneeze?  *A: 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 near your desk. 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 knowing how to 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 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 aged 5-12 years old should get 10-11 hours of sleep or more every night. Sleep helps you have energy for the next day. To have a good sleep every night, develop a solid bedtime routine by going to bed at the same time each night, turning off devices at least one hour before bedtime and making sure you get 10 to 11 hours of solid sleep. A solid bedtime routine helps your body get used to a good night of sleep, making you rested and ready for the challenges the next day. |
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| 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 your favourite 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 so loaded down with [homework](http://kidshealth.org/kid/feeling/school/homework_help.html) 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!  Q: Which vegetable can’t you take on a boat?  *A: Leeks!*  Here is another one for you:  Q: What did one eye say to the other?  *A: Something between us smells!* |
| Day 19 | 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 stuff and have no time to play, you can get stressed. If you spend all your after-school time on playing, this might cause school stress. It’s best to spend some time on homework and some time on playing to have a healthy balance. |
| Day 20 | After School activities are a great way to stay active and healthy. If you’re participating in a lot of different afterschool 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. Playing with friends, especially outdoors is a fantastic way to *Address Your Stress*. |
| Day 21 | Throughout this month, we learned how to address your stress. We also used the word ENERGY on our campaign bulletin board to learn strategies to cope with stress. Do you remember what the six letters stand for?  **E** is for Exercise  **N** for Nutrition  **E** for Enjoyment  **R** forRelaxation  **G** for Growth  **and Y** forYou – Remember to balance your school and home life, change negative thoughts to positive thoughts and continue to like yourself just the way you are. |