

Exploring Stress and Feelings Worksheet



For Parents and Children:

1. Color the Sturdy Oak Tree (attached to this worksheet): Start by coloring the oak tree. As you color, think about what makes you feel strong and grounded, just like the tree.
2. Identify the Stressors: Notice the storm clouds around the tree. On the lines next to each cloud, write down or draw something that has been making you feel stressed or worried lately.
3. Spot the Coping Mechanisms: Can you find the sun, birds, and swing? These symbolize different ways to cope with stress. Talk about what each of these could represent in your life. For example, the sun might represent spending time outdoors to feel better.

For Children:

1. Your Feelings Tree: Inside the tree's trunk, draw or write how you feel when you're stressed. Is it stormy and dark, or something else?
2. Activities That Help: Around the roots of the tree, draw or write activities that help you feel less stressed. Think about things that make you happy and relaxed, like playing, reading, or hugging your pet.
3. My Support Branches: On the branches of the tree, add the names or draw pictures of people who help you feel safe and loved, like family, friends, or teachers.

Coloring Activity:

- Color the Oak Tree: Use your favorite colors to bring the oak tree to life. Feel the calmness as you focus on coloring.

This worksheet not only serves as a tool for understanding and discussing stress but also as a creative outlet for expression and reflection. Enjoy the process of coloring and discussing it together, strengthening your bond and learning new ways to handle life's challenges with resilience.

Feel free to print this worksheet and use it as a starting point for meaningful conversations about feelings and stress management techniques.

