



# Stress/Anxiety Workshop

Suggested Number of Students: 40 (or 2 classes)  
Program Length: 40-45 minutes

## Program Synopsis

This mental health program for middle schoolers includes group discussion, video, activities, and presented information. Students learn how the brain and body process stress, how to know when it is becoming a problem, and tools for managing stress when it feels overwhelming. We aim to create a positive environment for the learning community to support each other and augment the mental health work that schools are already doing. We will provide resources for students, plus follow up discussion questions for school and home.

## Key Program Points:

- Stress is normal. Everyone experiences it.
- Our brain's amygdala is a built-in alarm system that tells us when there is a problem. But sometimes our amygdala fires too often or when it is not necessary. When that happens, we may experience rapid breathing, a pounding heart, and/or sweating.
- Stress is community property. We need to look out for and support one another.
- There is a stress continuum. Some stress can be good and help us be productive. But there is a point at which it becomes unhelpful, and we can't do what we want or need to do.
- Learning how to manage stress is an important life skill.
- There are many tools we can use when stress is overwhelming. We will identify tools and encourage students to find the most effective ones for themselves.

## Resources

[Anxiety Canada](#)

[Brain Science of Stress](#)

[The Child Mind Institute](#)

[Ted Talk on Stress](#)

Vermont Family Network  
[Anxiety in Children](#)

\*\*\*

We are seeking stories of our puppets' impact on your family. Please [contact us](#), we'd like to know how our programs supported you.