Make Stress Work for You

Health Worksheet · Grade 6 / EP6 · Perfect Match Health Education 6 · Pages 51–52

Name: _____ **Class / No.:** _____

1 Key words

Complete the sentences. Use the word bank. Use each word once. Number 0 is done for you.

Word bank: exercise | alcohol | talking | smoking | drugs | unhealthy habits

0 Using **relaxation** techniques can help your mind and body slow down.

1 _____ to a family member or friend is a helpful way to manage stress.

2 Drinking _____ is an unhelpful way of managing stress.

3 _____ uses cigarettes. It is an unhelpful way of managing stress.

4 Taking _____ is an unhelpful way of managing stress.

5 Drinking and smoking are _____.

6 _____, such as playing a sport, is a helpful way to manage stress.

2 Helpful or unhelpful?

Is it a helpful or an unhelpful way of managing stress? Write H (helpful) or U (unhelpful) in the box.

0 Stand up and stretch **H**

1 Smoking _____

2 Go for a walk _____

3 Listen to music _____

4 Drinking alcohol _____

5 Talk to an adult _____

6 Taking drugs _____

If something is worrying you, talk to a trusted adult: your parents, your teacher, or the school counsellor.

Teacher Mark

LIVEWORKSHEETS

Name: _____ Class / No.: _____

3 Circle the helpful ways

Circle five helpful ways of managing stress.

Example: (Play with your pet)

- Exercise
- Smoking
- Using relaxation techniques
- Drinking alcohol
- Talking to a friend
- Taking drugs
- Take deep breaths
- Listen to music

4 Help Lam

Read about Lam. Then write. Use full sentences.

Read: Lam has exams. He can't sleep well. A friend says, "Beer and cigarettes may work for you."

0 Lam can say: "No, thank you. I can slowly count to ten instead."

1 Write one more thing Lam can say or do. Use a helpful way from page 51 or page 48.

Frame: No, thank you. I can ... instead.

2 Write one reason Lam should not start smoking or drinking alcohol.

Frame: I should not start because ...

Extra: Write a second reason, or a short piece of advice for Lam.

Teacher Mark

LIVEWORKSHEETS