

Guidelines for the Relaxation Station

1. You may visit during any non-instruction time.
2. Only one person can be at the station at a time.
3. Limit visits to 10 minutes.

Relaxation Station Activity Sheet

Step 1 Concentrate on what's bothering you:

1. Do you know what is bothering you? _____
2. If so, describe it below:

Step 2 Only you know your feelings:

Circle any of these feeling you might have or add your own.

anger	frustration	sadness	fear	_____
stressed	upset	worried	panic	_____
doubt	betrayed	confused	mad	_____
unsure	anxious	depressed	lonely	_____
tired	cranky	grouchy	furious	_____

Step 3 Pick a relaxation strategy:

- ____ 1. Write in your journal
- ____ 2. Draw a picture
- ____ 3. Listen to music
- ____ 4. Do some deep breathing exercises
- ____ 5. Take a walk (water fountain, restroom)

Step 4 Evaluate if you are feeling better:

1. Do you feel better?
____ Yes, resume your assignments.
____ No, ask to speak with the teacher, nurse, or counselor.

C.O.P.E.

Concentrate on what's bothering you.

Only you know your feelings.

Pick a relaxation strategy.

Evaluate if you are feeling better.

Sally Student

Scenario:

Sally Student is VERY stressed. She has a big science test tomorrow. Sally has studied hard and knows the material. Still, she is very nervous about the test. Some of her strengths include writing and drawing. When she does these things, she often feels less stressed.

What is causing Sally's stress? What might happen if she doesn't C.O.P.E.?

Causes of Sally's Stress

Possible Side Effects If Untreated

Sally Student visits the Relaxation Station in her classroom. Fill out an activity sheet as if you were her.

Check your work with the rubric. How did you do?

Rubric for Relaxation Station

Excellent:

Problem correctly identified

Feelings correctly identified

An appropriate strategy selected

Evaluation completed

Acceptable:

Problem could not be identified

Feelings correctly identified

A strategy selected but may not have been the best

Evaluation incomplete

Needs Work:

Problem could not be identified

Feelings could not be identified

A strategy may or may not have been selected

Evaluation incomplete