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.

C - Concentrate on what’s bothering you.

O - Only you know your feelings.

P - Pick a relaxation strategy.

E - 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.?

<table>
<thead>
<tr>
<th>Causes of Sally’s Stress</th>
<th>Possible Side Effects If Untreated</th>
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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