

Stress Awareness Month toolkit

Stress is something we will all experience in our lives. At the moment in particular, as we welcome pupils back to school, we are all acutely aware of its impact on our lives.

However, there are any number of reasons why we may feel under pressure at different times. This pressure can sometimes be helpful, keeping us focused and helping us complete tasks.

For children, this may happen because of schoolwork, difficulties at home or problems with friends. School staff face many different pressures at work, and juggling priorities can cause significant stress.

April is Stress Awareness Month, and here we have collected together a number of resources for pupils and staff, to help you and the children you teach manage and cope when stress becomes overwhelming.

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Anna Freud
National Centre for
Children and Families

Resources for pupils

Understanding stress lesson plan – YoungMinds & Beano

This lesson introduces children aged 3 to 11 to the concept of stress and how to cope with it. Pupils will learn what stress can feel like, how it affects our emotions and our bodies, and helpful coping strategies.

[Go to resource](#)



Mindfulness calendar: daily five minute activities – Mentally Healthy Schools

This is a two-week calendar with daily mindfulness activity suggestions. The simple, short activities encourage children to focus on what's around them to find a sense of calm and tackle stress.

Go to resource



Self-care kit – NHS

This self-care kit has lots of ideas and activities for children to help relieve stress. It includes ideas like mindful colouring, breathing exercises, an emotional check-in, ways to express thoughts, a self-soothe box and more creative activities.

Go to resource



Helping hand activity – Parenting NI

This simple activity asks young children to consider five people in their life who they would turn to if they were feeling stressed.

Go to resource



Coping with stress - Childline

Tips and advice for children and young people on coping with stressful situations, with links to lots of other useful resources.

Go to resource



Emotional check in – Mentally Healthy Schools

If a child has been experiencing stress or anxiety, this chart will help them think about what coping skills they have been using, and if these have been positive or negative in helping them to deal with their emotions.

Go to resource



Resources for staff

ABC model to manage teacher stress – Education Support

A useful tool for school staff to help deal with stressful situations. Understanding what causes us stress and taking action to manage our stress levels is a key part of looking after our wellbeing.

[Go to resource](#)



Interactive stress container – MHFA England

This stress container tool can help us understand how we experience stress, recognise the stressors in our lives, and learn how to address our stress levels.

[Go to resource](#)



Example risk assessment on work-related stress – Health & Safety Executive

A risk assessment template and example risk assessments, including one at a further education college, demonstrating how leaders can tackle stress in their workplaces.

[Go to resource](#)



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