Objective: Review the feelings of calm or relaxed, and tense

**Tense** is how we feel when we are nervous about something that might happen or we are feeling “uptight” about something. We might feel tense when we are having a problem that is really bothering us. When our body feels tense, we sometimes say we are “stressed out.” It’s hard to concentrate when we feel tense.

How does your body feel when you are tense or stressed out? Color in the sections of your body that you notice in the picture below. Add words to describe what happens. For example, color in the forehead, and write, “I get a headache.”

Questions? Ask your School Counselors:  Mrs. Beckel- Kendall: jbeckel@mtbaker.wednet.edu  
Mrs. Keskey- Acme: jkeskey@mtbaker.wednet.edu  
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**Calm** or **relaxed** is the opposite of feeling tense. When we feel **calm** or **relaxed**, we feel content or we feel at peace.

How does your body feel when you are **calm** or **relaxed**? Color in the sections of your body that you notice in the picture below. Add words to describe what happens.

**Journal activity:**
Describe a time you felt **tense**. Tell what happened.

____________________________________________________________________________
____________________________________________________________________________

What did you do so that you felt **calm** or **relaxed** again? Or, what **COULD** you do to help feel **relaxed** if that happens again?

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____________________________________________________________________________

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