

## Positive Stress

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# **Positive Stress Scenarios**

## Scenarios

Getting ready to perform in a school play

## Scenarios

Playing in the final minutes of a close basketball game

## Scenarios

Giving a presentation on a topic you practiced a lot

## Scenarios

Starting a new club you're excited about

## Scenarios

Taking a test you studied hard for

## Scenarios

Competing in a spelling bee

## Scenarios

Learning to ride a bike without training wheels

## Scenarios

Trying out for a team you want to join

## Scenarios

Solving a tricky puzzle or escape room

## Scenarios

Running in a short race

## Scenarios

Learning a new skill, like playing a song on an instrument

## Scenarios

Trying a harder level in a game after practicing

## Scenarios

Leading a group project or activity

## Scenarios

Preparing for a school competition (math, science, robotics, etc.)

## Scenarios

Speaking up to share an idea in class for the first time

## Scenarios

Going on your first overnight school trip or camp

# **Short-Term Stress Scenarios**

## Scenarios

Forgetting about a quiz until the morning of school

## Scenarios

Getting called on unexpectedly in class

## Scenarios

Arguing with a friend but making up later

## Scenarios

Losing your homework the night before it's due

## Scenarios

Being late to school one morning

## Scenarios

Spilling something in the cafeteria

## Scenarios

Hearing a loud fire alarm

## Scenarios

Getting a bad grade but fixing it later

## Scenarios

Having to speak to the principal for a small mistake

## Scenarios

Your phone battery dying when you need to text a parent

## Scenarios

Getting in trouble for something small

## Scenarios

Being chosen last for a team one day

## Scenarios

Computer freezing during an assignment

## Scenarios

Missing the bus one morning

## Scenarios

Forgetting your lunch at home

## Scenarios

Pop quiz you didn't expect

# **Long-Term Stress Scenarios**

## Scenarios

Being bullied  
at school

## Scenarios

Worrying about  
family money  
problems

## Scenarios

Having too  
much  
homework  
every night with  
no breaks

## Scenarios

Taking care of  
a sick family  
member

## Scenarios

Feeling  
pressure to be  
perfect all the  
time

## Scenarios

Not getting  
enough sleep  
for many weeks

## Scenarios

Moving to a  
new place and  
feeling lonely  
for a long time

## Scenarios

Ongoing  
conflict at  
home

## Scenarios

Feeling unsafe  
at school

## Scenarios

Being worried  
about grades  
constantly,  
even on  
weekends

## Scenarios

Being worried  
about how you  
look every day

## Scenarios

Constantly  
arguing with a  
parent or  
sibling

## Scenarios

Having  
ongoing  
problems with  
a teacher or  
coach

## Scenarios

Having self-  
esteem issues  
every day

## Scenarios

Constant  
pressure to  
succeed from  
others

## Scenarios

Dealing with a  
long-term  
illness or  
health  
condition