

Stress

You're about to give a report in front of the class. Your heart is pounding, your throat is dry, and your stomach feels tight. What's happening inside your body? You're feeling stress, which is your body's response to changes around you. You can feel stress from one event, such as a math test, or a combination of events.

Stress can be positive or negative. Positive stress allows you to escape danger or complete a task. Negative stress holds you back and can be unhealthy. Your body responds to stress in many ways.

For example, your senses become more alert. Your heart beats faster, sending more blood to your brain and muscles. Your muscles become ready for action, and your breathing becomes faster. Your body is preparing itself for "fight or flight." But you need to know when stress is working against you. Relax with a walk, practice controlled breathing, or talk to a friend. Watch a funny movie. Laughter can be a powerful stress reliever.

5th Grade—Narrative

We all experience different emotions when we encounter new situations. Think of a time when you felt stressed or were worried. Tell a story about the situation or event and be sure to include details in your story.