Use the Less Stress on the Test Documentation Log to complete five EXTRA hours of Stress Reducing activities. Turn this form back into your teacher and 4-H will provide a special PRIZE for you!

1. **Health Rocks! Carnival Game**
   Play the Health Rocks! Carnival game. The app is a great way to test your knowledge while having fun! Download on your iPad via iTunes, or play on your computer at [http://www.4-h.org/healthrockscarnival](http://www.4-h.org/healthrockscarnival).

2. **Yoga (KidsHealth.org)**
   Lots of people think of yoga as stretching or twisting the body into various impossible-looking pretzel shapes. But yoga is easier than it looks. There are simple poses as well as complicated ones, so there is something for all abilities. Yoga requires no special equipment, so you can do it almost anywhere.

   Yoga poses are good exercise and can help loosen up the tense muscles in your body. The areas of the body that tend to carry the most stress are the neck, shoulders, and back. But other parts of the body (like the face, jaw, fingers, or wrists) also can benefit from simple yoga stretches.

   Yoga is so much more than just physical exercise, though. The key to getting the best out of each pose is to focus not only on your body, but also on your mind and breathing.


   **NOW, Watch the 8 Study Break / Stress Relieving YOGA videos at:** [http://kidshealth.org/teen/homework/tips/yoga_break.html](http://kidshealth.org/teen/homework/tips/yoga_break.html)

   What pose or exercise was most effective in helping you de-stress?
3. Yoga for Kids
Also watch the 4-H yoga videos at georgia4h.org/healthrocks/stress.html. Practice 5 of the poses pictured in the posters. You may count your practice for up to 2 hours.

4. Pressures and Demands
Feeling like there are too many pressures and demands on you? Losing sleep worrying about tests and schoolwork? Eating on the run because your schedule is just too busy? You're not alone. Everyone experiences stress at times — adults, teens, and even kids. But there are ways to minimize stress and manage the stress that's unavoidable.

List three or four tips the teens in the video said helped them de-stress.

1. ____________________________________________________________________________
2. ____________________________________________________________________________
3. ____________________________________________________________________________
4. ____________________________________________________________________________

5. Stress and Coping Center for Teens
Visit the Stress and Coping Center at Kidshealth.org.
http://kidshealth.org/teen/stress_coping_center/stress_center.html#cat20860
Read an article in at least two of the categories displayed on the page about stress. List the names of the articles below:
EXAMPLE: In the category “Stressful Situations”, I read the article on Test Anxiety.

1. ____________________________________________________________________________
2. ____________________________________________________________________________
6. Help Someone Make a Stop Smoking Plan
Do you have a friend or family member who smokes? Many times, stress contributes to a person starting smoking and interferes with their ability to stop. Help them to make a plan and set a goal to STOP SMOKING NOW!

Use the “Stop Smoking – Your Personal Plan” online booklet and support them as they make this important step!

http://kidshealth.org/teen/stress_coping_center/stress_tools/smoking_plan.html#cat20866

I made a plan with _________________________________ to STOP smoking!

We discussed ____________________________________________________________________________ as an alternate way to relieve stress.

7. Through art and words, answer the question, “What does being stress free mean to me?”.

8. Take the “Family Stress Test” with your family and discuss your scores.

9. Rate your “Coping Skills” on the handout provided. How close to a perfect score were you? What can you change?

10. Read the “Stressisms” handout and select your five favorites. Share them with your family and friends and explain why they are your favorites.

11. Make an “Eye Spy” bottle. Use this when you are feeling stressed to have fun. Did you find all the items? What other items can you think of to include and find?
12. Make a Homemade Worry stone! Share a photo of your stone with your teacher and 4-H Agent.

13. Make a CRCT video and share with us!

14. Make a fit and pitch it instead of losing your temper! Make some to share with your classmates!

15. Enter the Less Stress poster contest. The entry form can be found in this packet.

16. Enter the Less Stress essay contest. The entry form can be found in this packet.

17. Make your own set of Brain Break cards.

18. Create a Yoga Fortune Teller to practice some poses.
<table>
<thead>
<tr>
<th>Part A</th>
<th>Never True 0</th>
<th>Rarely True 1</th>
<th>Sometimes True 2</th>
<th>Always True 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>We often talk about our feelings.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I know what is important to my kids.</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>(For single parents) I’m comfortable being single.</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>We have enough money for important things.</td>
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<td></td>
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<tr>
<td>Work is important, but family is our top priority.</td>
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</tr>
<tr>
<td>(For couples) Our relationship is strong.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(For single parents) The kids like my choice of dates.</td>
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<tr>
<td>Tension in our house is rare.</td>
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<tr>
<td>The kids are doing well in school.</td>
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<tr>
<td>Everyone in the family has a job and does it without being nagged.</td>
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<tr>
<td>We eat together every day.</td>
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<tr>
<td>Vacations together turn out well.</td>
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</tr>
<tr>
<td>Add your points in each column.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Subtotals</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL Part A</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Part B</th>
<th>Never True 0</th>
<th>Rarely True 1</th>
<th>Sometimes True 2</th>
<th>Always True 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>It seems we argue a lot.</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>We don’t listen enough.</td>
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<tr>
<td>(For single parents) Being single has been very hard.</td>
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<tr>
<td>We have conflicts about how much to spend on what.</td>
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<tr>
<td>It’s impossible to get the kids to do anything around here.</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(For couples) We argue about who should do what with the kids.</td>
<td></td>
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</tr>
<tr>
<td>(For couples) Sometimes marriage is disappointing.</td>
<td></td>
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<tr>
<td>(For Single parents) My kids are upset when I date.</td>
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<tr>
<td>Too much work is getting to me.</td>
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<tr>
<td>It seems as if someone is always mad at someone else.</td>
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<tr>
<td>There is never enough time.</td>
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<tr>
<td>The kids get upset that we argue.</td>
<td></td>
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<tr>
<td>I have been called in to school to discuss my child’s behavior.</td>
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<tr>
<td>Subtotals</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL Part B</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL A + B</td>
<td></td>
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</tr>
</tbody>
</table>

- Part A scores of 33 and above and/or Part B scores of 17 or less. Congratulations! Your family has good skills and attitudes which help you handle life’s stresses. This makes your home life rich and satisfying.
- Part A scores of 25-32 and/or Part B scores of 18-24. You have a strong start. Try practicing your good skills and positive attitudes more, to create even more harmony at home.
- Part A scores of 18-24 and/or Part B scores of 25-32. You’re probably under many stresses. Look carefully at these questions and think about ways to improve your score.
- Part A scores of 17 or less and/or Part B scores of 33 and above. Take action now for your family’s health and happiness. Reach out to friends, family or professional help for a boost when times are tough.
Have you been feeling that the weight of the world is permanently lodged on your left shoulder? Take this stress test and see just how well you are coping. WARNING: No assessment of this type can take the place of a professional diagnosis. Use this as a guide only. Seek professional advice for accurate diagnosis.

### Coping Skills

<table>
<thead>
<tr>
<th></th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>If you feel you have supportive family, give yourself TEN POINTS.</td>
</tr>
<tr>
<td>2.</td>
<td>If you have a hobby you enjoy, give yourself TEN POINTS.</td>
</tr>
<tr>
<td>3.</td>
<td>If you belong to a social activity group (besides family) that meets at least once a month, add TEN POINTS.</td>
</tr>
<tr>
<td>4.</td>
<td>If you are within five pounds of your ideal weight, add FIFTEEN POINTS.</td>
</tr>
<tr>
<td>5.</td>
<td>If you practice some form of “deep relaxation” at least three times a week (e.g., meditation, yoga, imagery), and FIFTEEN POINTS.</td>
</tr>
<tr>
<td>6.</td>
<td>For each day during the week that you get at least 30 minutes of brisk exercise, add FIVE POINTS.</td>
</tr>
<tr>
<td>7.</td>
<td>For each nutritionally balanced, wholesome meal you eat during an average day, add FIVE POINTS (maximum: Fifteen points).</td>
</tr>
<tr>
<td>8.</td>
<td>If during the course of an average week, you plan and do something you really enjoy (that’s just for you) add FIVE POINTS.</td>
</tr>
<tr>
<td>9.</td>
<td>If there’s a place in your home where you can go for relaxation and to be by yourself, add TEN POINTS.</td>
</tr>
<tr>
<td>10.</td>
<td>If you practice time-management skills in your daily life, add TEN POINTS.</td>
</tr>
<tr>
<td>11.</td>
<td>SUBTRACT FIVE POINTS for each pack of cigarettes you smoke in an average day.</td>
</tr>
<tr>
<td>12.</td>
<td>SUBTRACT TEN POINTS for each time during the week you use alcohol or other drugs to relax during the day.</td>
</tr>
<tr>
<td>13.</td>
<td>SUBTRACT FIVE POINTS for each evening during the week you use alcohol or other drugs to relax.</td>
</tr>
<tr>
<td>14.</td>
<td>SUBTRACT FIVE POINTS for each evening during an average week you bring office work home. This is your TOTAL SCORE.</td>
</tr>
</tbody>
</table>

A “perfect” score is about 120 points. (An “average” score is about 50 to 60.) The higher your score, the greater likelihood you can cope well with the ups and downs of life.
Words to live (and cope) by:

• It is okay to ask for help.
• No, is not a four-letter word.
• Stress is not inherently negative.
• A little bit of bad is a good thing.
• When all else fails . . . Phone home!
• Laughter really is the best medicine.
• Stress, it’s only as bad as you make it.
• The only thing constant in life is change.
• To stress or not to stress, that is the question.
• Too much of a good thing can be a bad thing.
• Problems are inevitable: Misery is optional.
• “Stupid human tricks” occur when we are stressed.
• The individual, not the environment, creates stress.
• People choose their thoughts, perceptions and beliefs.
• The right answer is: “it depends” or “everything is relative.”
• The race is not always to the swift . . . but to those who keep running.
• The perception of each and every person and each and every family is unique.
• The difficulties of life are intended to make us better, not bitter. – Anonymous
• If you don’t like something change it; if you can’t change it, change the way you think about it. – Mary Engelbreit

I do not believe that life is supposed to make you feel good, or to make you feel miserable either. Life is just supposed to make you feel. – Gloria Naylor
**Materials needed:**
- Empty Dry Water bottle (with cap)
- Two cups rice (or enough to fill your water bottle)

Can use any variation of the following or create your own list:
- Bobby pin
- Bean
- Corn Kernel
- Piece of yarn
- Safety pin
- Pipe cleaner
- Small bead
- Button
- Googly Eye
- Rock
- Pom Pom
- Small balloon
- Toothpick
- Colored paper clip
- Penny

Once you have dried out your water bottle, place 1 of each of the items inside the bottle, followed by the desired amount of rice. Attach a list with a piece of yarn to the top of the bottle of what is inside to find! On one side:

“This treasure hunt is the easiest by far; Kinds can do it while riding in the car. This bottle has a list of things a plenty; The hardest to find may be the penny. Look at the list, roll the bottle around, Remember the things you have found. This treasure hunt is lots of fun, All your friends will want one. You won’t be able to put it down, Until all the items have been found.”
MAKE A HOMEMADE WORRY STONE

Make your own worry stone by using a smooth rock or a large flat glass bubble with fabric of your choosing glued underneath.

Keep it handy and when you get stressed, rub it for relaxation and a little luck!

Keep this poem in mind when you use your worry stone!

Worry Stone Poem

I'm your little worry stone,
Please keep me close to you.
So when life gives you blues or stress,
This is what you do.

Wrap your hand around me,
Give me a rub and say,
Be gone all stress and worries,
For today will be a wonderful day!
Check out these videos on YouTube that relate to Less Stress on Tests!

Shake the CRCT - http://www.youtube.com/watch?v=qkLJTL4MH3c

Exceeding and I Know It - http://www.youtube.com/watch?v=KqRhPsBeso

You Make Me Feel Smart - http://www.youtube.com/watch?v=Xnxs422B4P4

CRCT Walk - http://www.youtube.com/watch?v=FWs5IJsLU5I

Step It Up - http://www.youtube.com/watch?v=MUq45rpZqbl

Imma Be - http://www.youtube.com/watch?v=ciJrNHS7NzY

CRCT Song to Stanky Leg - http://www.youtube.com/watch?v=TqQff7FnPVI

Gather some friends and your cell phone video camera (or any video camera) and make your own video!

Post it online (with your parent’s permission) and share the link with us at ga4h@uga.edu!

You are on your way to Less Stress on the Test as well as taking a starring role in your own video!

You can also search YouTube (again with your parent’s permission) for more CRCT songs!)
To make a fit: Take an old CD or DVD case, and yarn and just spin the yarn around about 15-20 times. Then you take a small piece of string and tie off the middle. Then you cut the ends and glue on Googly eyes!

Now you want to shake up the yarn so that you cannot find the middle easily...kids usually will try to untie it if you don’t! Then glue 2 little eyes on your little creature!

Then attach the following poem with another piece of yarn. Throw your fit when you feel stressed! Make an extra to share as a gift with a friend.

I am a Fit...
I am here to help you
Through all your temper tantrums
And moments of anger. When you
Feel your blood pressure rising and
Your temper is reaching its breaking point, don’t throw something that
Might break—just pick me up and
THROW A FIT!!
OFFICIAL POSTER CONTEST RULES

Eligibility
The Georgia 4-H Less Stress on the Test Poster Contest is open to students who have participated in Georgia 4-H Less Stress on the Test lessons in their school, classroom, or 4-H Club meetings.

Contest Rules
The poster must be submitted with a completed entry form on the back of their poster. Students may submit one poster.

Theme: What Does Being Stress Free Mean to Me? (should be displayed on the front of the poster)
The poster size should be 11x17. The theme should be depicted visually in one or a combination of mediums, such as acrylics, watercolor, pencil, pen, charcoal, spray paint, crayons, pastels, etc. Do not attach any materials, such as glitter, cotton balls or pipe cleaners, to the poster. Posters are not to be computer generated. Newspaper, film cartoon characters and other copyrighted characters may not be used.

Judging
Poster category by grade:
Posters will be judged by the following criteria
  • Message – 50 points (poster uses correct theme)
  • Visual effectiveness – 30 points
  • Originality – 20 points

Awards and Due Date
There will be two winners selected from each category. Each winner will receive a special prize package. All posters will be displayed by Georgia 4-H.
Completed posters are due to Courtney Brown, Extension 4-H Specialist Georgia 4-H Office, 324 Hoke Smith Annex, UGA, Athens, GA 30602

ENTRY FORM ON NEXT PAGE
OFFICIAL POSTER CONTEST ENTRY FORM

Instructions: Paste or tape this entry form on the back of your poster in the upper right hand corner. Please print. Students may not put their name or other identifying information on the front of the poster.

Name _________________________________________________________

Street Address__________________________________________________

City, State, Postal Code __________________________________________

Telephone Number ______________________________________________

E-mail Address _________________________________________________

County ________________________________________________________

Teacher or 4-H Club _____________________________________________

Date of Birth ___________________________________________________

Age Category—How old will you be on September 30, 2015? (Check one)
  Cloverleaf – 9 to 11 years old
  Junior—12 to 13 years old

Extension Agent Endorsement Statement
Required Only for Posters Submitted for Statewide Judging

I, __________________________ , endorse __________________________
(Name of 4-H Agent, Associate or PA) (Name of entrant)

for participation in the Georgia 4-H Less Stress on the Test 4-H Poster
Contest. This member is currently enrolled in the Georgia 4-H Less Stress
on the Test Program and meets all qualifications for participation in the
event.

________________________________   ____________________________
(Date) (Extension Agent’s Signature)
OFFICIAL ESSAY CONTEST RULES

The Georgia 4-H Less Stress on the test Essay Contest is open to students who have participated in Georgia 4-H Less Stress on the Test lessons in their school, classroom, or 4-H Club meetings.

Contest Rules
The essay must be submitted with a completed entry form. Students must include the entry form with their essay. (The cover page does not count toward word count.)
Students may not put their name or other identifying information in the essay.
Students may submit one essay.

Theme
What Does Being Stress Free Mean to Me? *(must be answered in the essay)*
Minimum essay length is 300 words. Maximum essay length is 400 words.

Judging
Essays will be judged by the following criteria
  • Response to topic – 50 points (subject matter and relevance)
  • Creativity – 30 points
  • Mechanical structure – 20 points (grammar, spelling, punctuation)

Awards
There will be two winners selected from each category. Each winner will receive a special prize package. All essays submitted will become property of Georgia 4-H. Any applicable copyrights will be held by Georgia 4-H. Essays may be used in publications, exhibits, displays, news materials, videotapes and on websites as determined by Georgia 4-H.

Due Date: Completed posters are due to Cheryl Varnadoe, Extension 4-H Specialist Georgia 4-H Office, 324 Hoke Smith Annex, UGA, Athens, GA 30602 by **May 15, 2015**.

ENTRY FORM ON NEXT PAGE

University of Georgia College of Agricultural & Environmental Sciences | Georgia 4-H | Health Rocks!
OFFICIAL ESSAY CONTEST ENTRY FORM

Instructions: Use this sheet as the cover sheet for your essay entry.

Name __________________________
Street Address __________________________
City, State, Postal Code __________________________
Telephone Number __________________________
E-mail Address __________________________
County __________________________
Teacher or 4-H Club __________________________
Date of Birth __________________________

Age Category—How old will you be on September 30, 2015? (Check one)
Cloverleaf—9 to 11 years old
Junior—12 to 13 years old

Extension Agent Endorsement Statement

For Georgia 4-H Less Stress on the Test Essay Contest

I, __________________________, endorse __________________________
(Name of 4-H Agent, Associate or PA) (Name of entrant)

for participation in the Georgia 4-H Less Stress on the Test 4-H Essay Contest. This member is currently enrolled in the Georgia 4-H Less Stress on the Test Program and meets all qualifications for participation in the event.

_________________ (Date) ___________________ (Extension Agent’s Signature)