



Less Stress on the Test

Independent Activities

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>.

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.



Yoga Unites Body, Mind, and Breathing

The word "yoga" is Sanskrit (an ancient language spoken thousands of years ago in India, where yoga began). The word "yoga" means "union" in Sanskrit because yoga unites the mind, body, and breath. You'll often hear the poses and techniques of yoga called by their Sanskrit names.

Read more at:

http://kidshealth.org/teen/your_mind/emotions/yoga_stress.html?tracking=T_RelatedArticle#

NOW, Watch the 8 Study Break / Stress Relieving YOGA videos at:

http://kidshealth.org/teen/homework/tips/yoga_break.html



What pose or exercise was most effective in helping you de-stress?



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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.

Watch the video at:



http://kidshealth.org/teen/your_mind/emotions/stress.html?tracking=T RelatedArticle

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?



Independent Activities

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.





FAMILY STRESS TEST

Part A

Never True 0	Rarely True 1	Sometimes True 2	Always True 3
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We often talk about our feelings.

I know what is important to my kids.

(For single parents) I'm comfortable being single.

We have enough money for important things.

Work is important, but family is our top priority.

(For couples) Our relationship is strong.

(For single parents) The kids like my choice of dates.

Tension in our house is rare.

The kids are doing well in school.

Everyone in the family has a job and does it without being nagged.

We eat together every day.

Vacations together turn out well.

Add your points in each column.

Subtotals

TOTAL Part A

Part B

Never True 0	Rarely True 1	Sometimes True 2	Always True 3
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It seems we argue a lot.

We don't listen enough.

(For single parents) Being single has been very hard.

We have conflicts about how much to spend on what.

It's impossible to get the kids to do anything around here.

(For couples) We argue about who should do what with the kids.

(For couples) Sometimes marriage is disappointing.

(For Single parents) My kids are upset when I date.

Too much work is getting to me.

It seems as if someone is always mad at someone else.

There is never enough time.

The kids get upset that we argue.

I have been called in to school to discuss my child's behavior.

Subtotals

TOTAL Part B

TOTAL A + B

- 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.



RATE YOUR COPING SKILLS

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

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.



STRESSISMS

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 Engelbret

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



MAKE AN "EYE" SPY IN A BOTTLE

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!*



MAKE A VIDEO

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=KqRhPsbBes0>

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

CRCT Walk - <http://www.youtube.com/watch?v=FWs5lJsLU5I>

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!



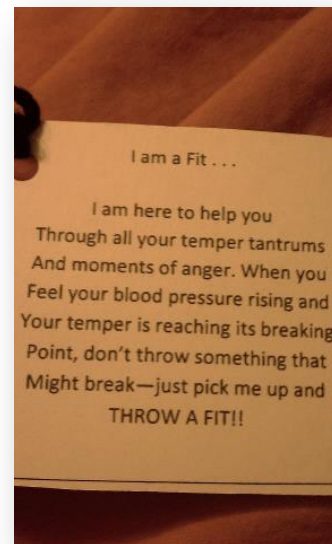
THROW A FIT

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.





Health Rocks!

Less Stress on the Test

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



**Health
Rocks!**

Less Stress on the Test

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)





**Health
Rocks!**

Less Stress on the Test

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



**Health
Rocks!**

**Less Stress on
the Test**

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)

