Middle School Stress Group Steps

Body signs, workload, sleep, screens, and ways to reset.

Name: _____ **Date:** _____

1. Safety first

Unsafe or in crisis?
Get help first.

2. Agreements

Respect others.
Passing is okay.

3. What is stress

Helpful load versus
too much.

4. Body signs

Notice the alarm
early.

5. Control

Sort what I can
change.

6. Reset the body

Breathe, ground,
squeeze, release.

7. Check thoughts

Catch traps. Try a
balanced thought.

8. Plan the load

Break tasks. Start for
five minutes.

9. Sleep, support

Rest, screens, and
people who help.

What this group is and is not

Practice for body signs, load, sleep, screens and reset skills.

Is Skill practice for groups	Body signs, control, reset, support
Is not Not a treatment by itself	Therapy, a diagnosis, zero stress
Care Report harm as your school requires	Counselor, family, 988 if unsafe

Skill practice aid only. Does not diagnose or treat any condition.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

If you are being hurt or are not safe, tell a trusted adult now.

Not affiliated with ASCA, CASEL, APA, CDC or any named program.

My Stress Reset Plan

Body signs, controllables, sleep, screens, and a reset menu.

Name: _____ **Date:** _____

Body signs I notice

A body sign I notice early: _____

When it usually shows up: _____

My stress number today (1 to 10): _____

My time to reset number: _____

Stressors and what I can control

A stressor I can name: _____

Something I can control: _____

Something I cannot control: _____

One small action I can take: _____

A sleep or screen experiment: _____

Reset menu and my support team

A body reset I will try: _____

A thought reset I will try: _____

A five minute start I can use: _____

An adult at school I can talk to: _____

An adult at home I can talk to: _____

Notes: _____

Crisis: 988 · HOME to 741741 · 911 · Tell a trusted adult if you are not safe

More notes:

_____

_____

_____

_____

_____

_____

_____

_____

_____

Stress Group Practice Log

Hard moments, reset skills, sleep, and what helped.

Name: _____ **Date:** _____

Day	Stressor	Body sign	Reset I used	What helped
1				
2				
3				
4				
5				
6				
7				

Stress reset pocket cards (cut out)

Safety 988 · HOME · 911	**Stress** Load versus recovery	**Body signs** Notice them early
Meter Rate it 1 to 10	**Control** Mine or not mine	**Reset** Breathe, ground, release
Thoughts Check the trap	**Five minutes** Start small	**Support** Name one adult

Not a treatment. 988 · HOME 741741 · 911 · Tell a trusted adult if you are not safe

Something that went okay this week:

_____

_____

_____

_____

_____

_____

_____

_____

L&T

Lotus & Tulip

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Middle School Stress Small Group Curriculum for Counselors

Holiday sale on Etsy until Dec 2: about $11.04, was $14

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