

LINE MASTER 7**Deal with It!**

Name: _____

Try using this tracking sheet to see what stressful moments you experience over a day or two. Here is a sample of how to record the information.

What Happened	When	My Feelings	My Plan to Deal with It
<i>Overslept</i>	<i>7:00 a.m.</i>	<i>panic</i>	
<i>Brother won't come out of bathroom</i>	<i>7:30 a.m.</i>	<i>angry, frustrated</i>	
<i>Mom seems angry about something</i>	<i>6:30 p.m.</i>	<i>nervous</i>	

My Stress List

What Happened	When	My Feelings	My Plan to Deal with It

Dear Parents/Caregivers,

As part of our learning about literacy and mental health, we have been using a series titled *Well Aware* that combines engaging texts written by award-winning Canadian authors with lessons that connect to strategies students can use on a daily basis to manage stressful situations.

One of these texts, titled *Todd on the Edge*, tells the story of a boy facing a significant family crisis. His stepfather's anger issues have compelled Todd and his mother to move to a shelter, and Todd is struggling with many extreme emotions. Through his experiences, he learns some important lessons about how to become resilient when faced with difficult situations that are beyond his control. In the end, he has a new sense of assurance and is no longer stuck feeling like he is "on the edge."

As students work with this text, they will discuss the effects of anger and explore coping strategies that are helpful for individuals and families experiencing difficult situations or stressful changes. They will become informed about ways to support themselves and others when facing tough challenges—especially the important step of seeking and accepting help.

As caring adults, we all want to help our young people develop the skills necessary to be able to cope and thrive in all situations. This is why we continue to work to equip students with the tools they need to manage difficult challenges. As teachers, we cannot provide the appropriate care a child who is experiencing a crisis may need. What we can and will do, however, is open the doors to talking about coping and asking for help without shame, stigma, or judgment.

As part of our team, thank you for connecting with us concerning this important topic, and please feel free to contact me if you would like to discuss this work further.

Sincerely,