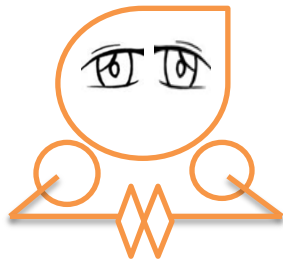


Teaching Your Child How to “Stress Press”

(read aloud with your child)

1. *Stress Press* helps you feel better when you are mad. And that’s good, because when you’re mad, sometimes you make bad choices and get into trouble. So *Stress Press* can help you NOT get into trouble. Do you know what stress is? Stress is when something happened, and you didn’t like it, and your body got mad. Like, maybe your face got hot and your muscles got tight, and your eyebrows got mean. Stress is not good. But you can make it go away, because you are the boss of your body.
2. Okay, hold out your hands and show me your palms. Did you know your palms have heels, just like your feet? They are here (bottom part of hand, just above wrist). Circle your palm heels with your fingers. Good. Now, make your hands like a knife, with straight, tight fingers. And press your palm heels together. Put your elbows out—straight as a line! Don’t let your hands touch your chest.



3. Press your palm heels together as hard as you can. Your arms should go a little shaky if you press for long enough. That is the *Stress Press*. Let’s do it together, and I want you to count out loud to 10 while we do it.
4. Great job! You did the *Stress Press*! It helps you calm down when you’re mad. It doesn’t fix the problem that made you mad, BUT it helps you make better choices about the problem. Do you understand?
5. The last thing to know is: You HAVE to practice *Stress Press* or it won’t work. Just like you practice (baseball, piano, reading, tying your shoes), you have to practice *Stress Press* to get good at it. You should practice it when you feel good and happy. That way, you will be an expert stresser-presser when you get mad. Remember, you are the boss of your body. You can feel better by doing *Stress Press*.

