



# Guide to Thrive

Inspire students to leap into Year 7

## Individual Reflection:

Have students work alone, to learn about and reflect on change.

Tell students to reflect on what stress can do to us, both to our body and brain.

Using the space below, consider activities you have participated in, or things you have done recently, that have led to good stress (Eustress) or bad stress (Distress). You can also adapt this task to be used online.

Remind students to focus on things that happen in school, rather than at home, to reduce any risks associated with this task.

### *Eustress (good stress)*

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### *Distress (bad stress)*

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Tell students they don't have to share this with anyone, but let them know they can talk to you if they need to.

Now, using the table below, tell students to reflect on the things that cause them distress/bad stress, and consider the things they notice happens to their body and their brain during periods of stress.

#### Symptoms :

Stressors:	Physical:	Mental:
Having a fight with a friend	Feeling shaky, feeling sick, having a racing heart	Mind going blank, feeling confused, saying mean things to yourself (like I am so stupid, why did I do that etc)