Learning to manage stress at a young age helps children develop into resilient adults. Here are a few tips for easing unexpected stressors that may arise and preventing stressful moments during the school day in online school.

**STRESS MANAGEMENT FOR ELEMENTARY SCHOOL STUDENTS**

*Potential stressors: nervous about new classes, losing focus, tired from the day*

1. Listen to calming music when it’s time to focus.
2. Plan breaks to do things that aren’t school-related.
3. Learn mindfulness through sensory experiences.

**STRESS MANAGEMENT FOR MIDDLE SCHOOL STUDENTS**

*Potential stressors: feeling rushed, shy in front of classmates, difficult homework*

4. Exercise during the school day to release endorphins.
5. Practice asking teachers and other adults for help.
6. Relax before bedtime and get plenty of sleep.

**STRESS MANAGEMENT FOR HIGH SCHOOL STUDENTS**

*Potential stressors: test day, tech issues, big project is due soon*

7. Break large assignments into smaller, more manageable tasks.
8. Use checklists to celebrate the day’s accomplishments.
9. Get involved with the community and find volunteer opportunities.