

Stress Levels: Food Theme

5	Hot Tamale!
4	Fizzy Soda
3	Tossed Salad
2	Calm Cucumber
1	Wiggly Jello

For each of these levels of stress, discuss how the body feels. For example, at level one, the wiggly jello, the body would feel calm, peaceful and relaxed. Little to no tension would be felt and the mind would be easily focused on an activity. Each child will experience the bodily sensations associated with each level in a different way.