

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK

DEALING WITH
STRESS & CONFLICT



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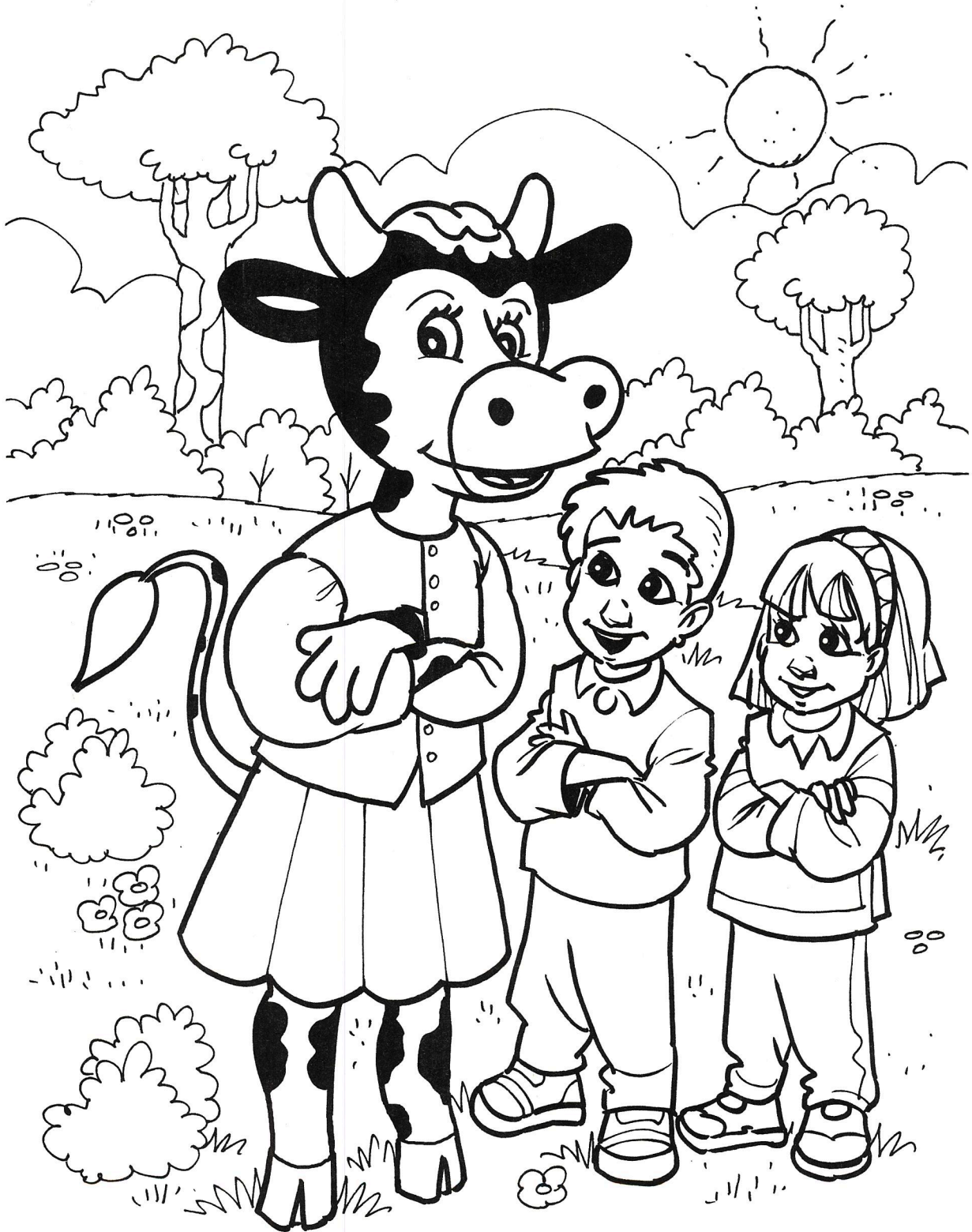
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DEALING WITH STRESS & CONFLICT



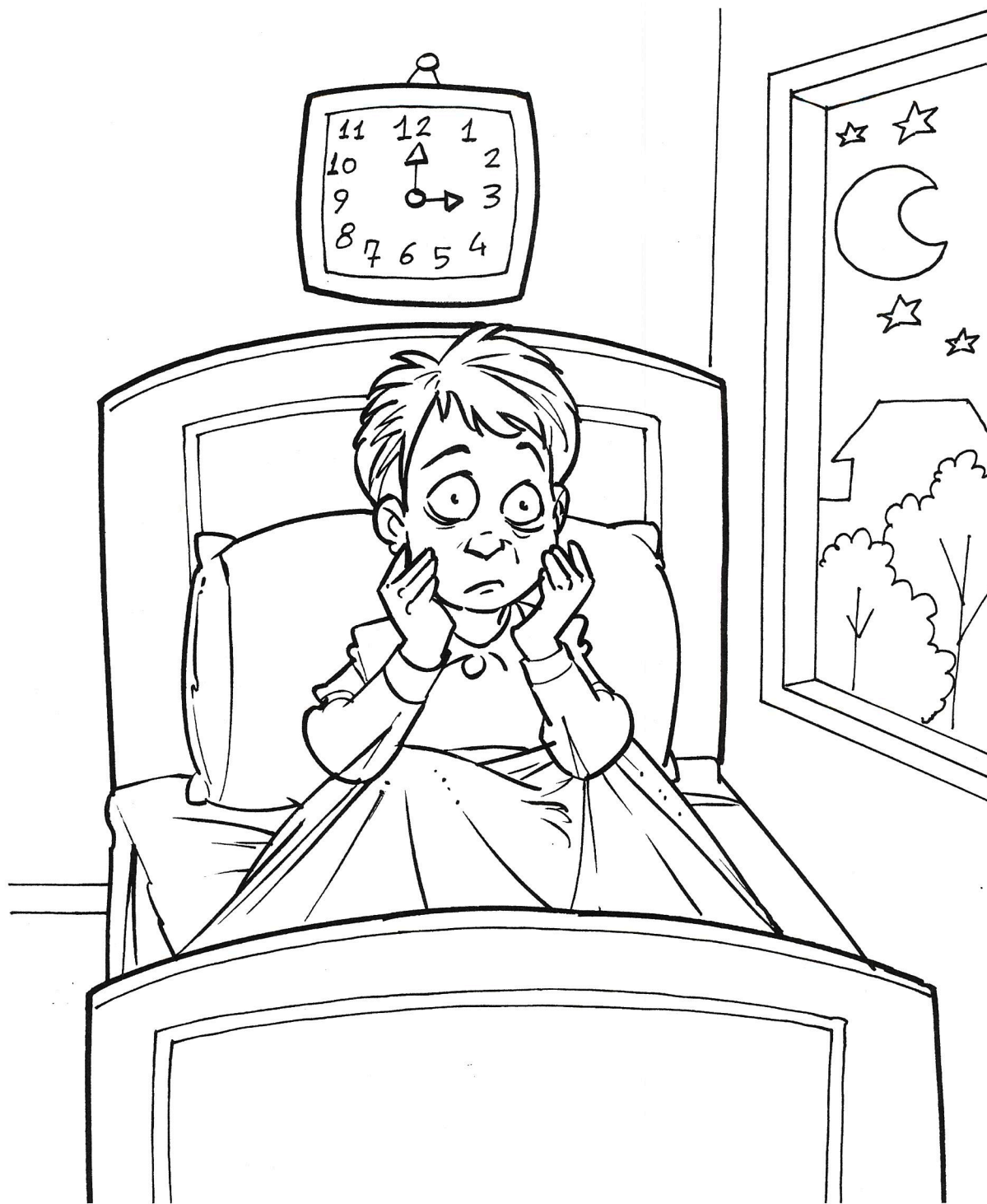
This book belongs to

My name is Carolyn and I'm a cow.



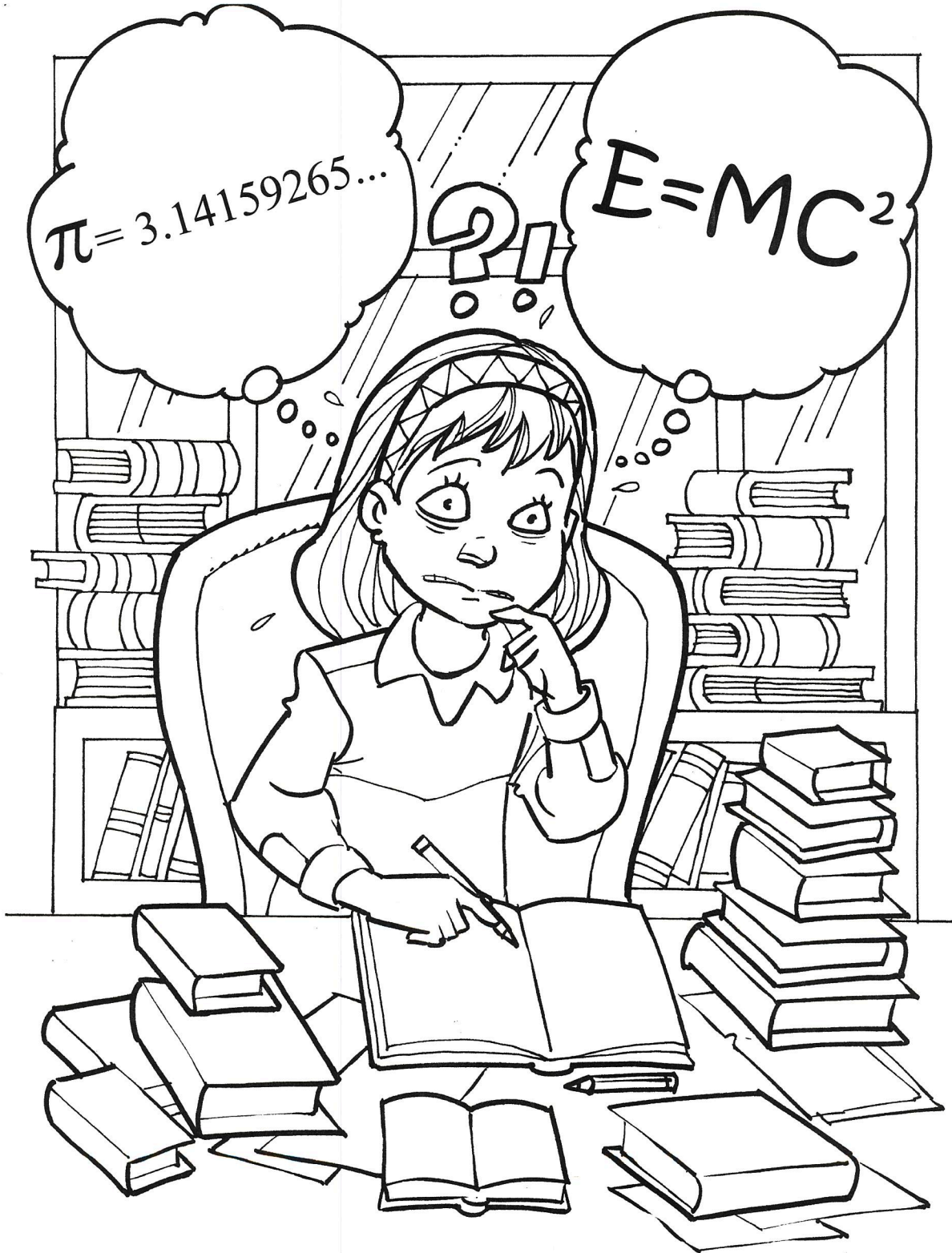
No one thinks cows or kids have any problems in our lives. It's all just fun, fun, fun; munching grass and hanging out in the pasture – well for me, anyway. But it's not always that way.

Everyone has stress and conflict. Some stress is normal and even healthy. Like when you get excited about a big game.



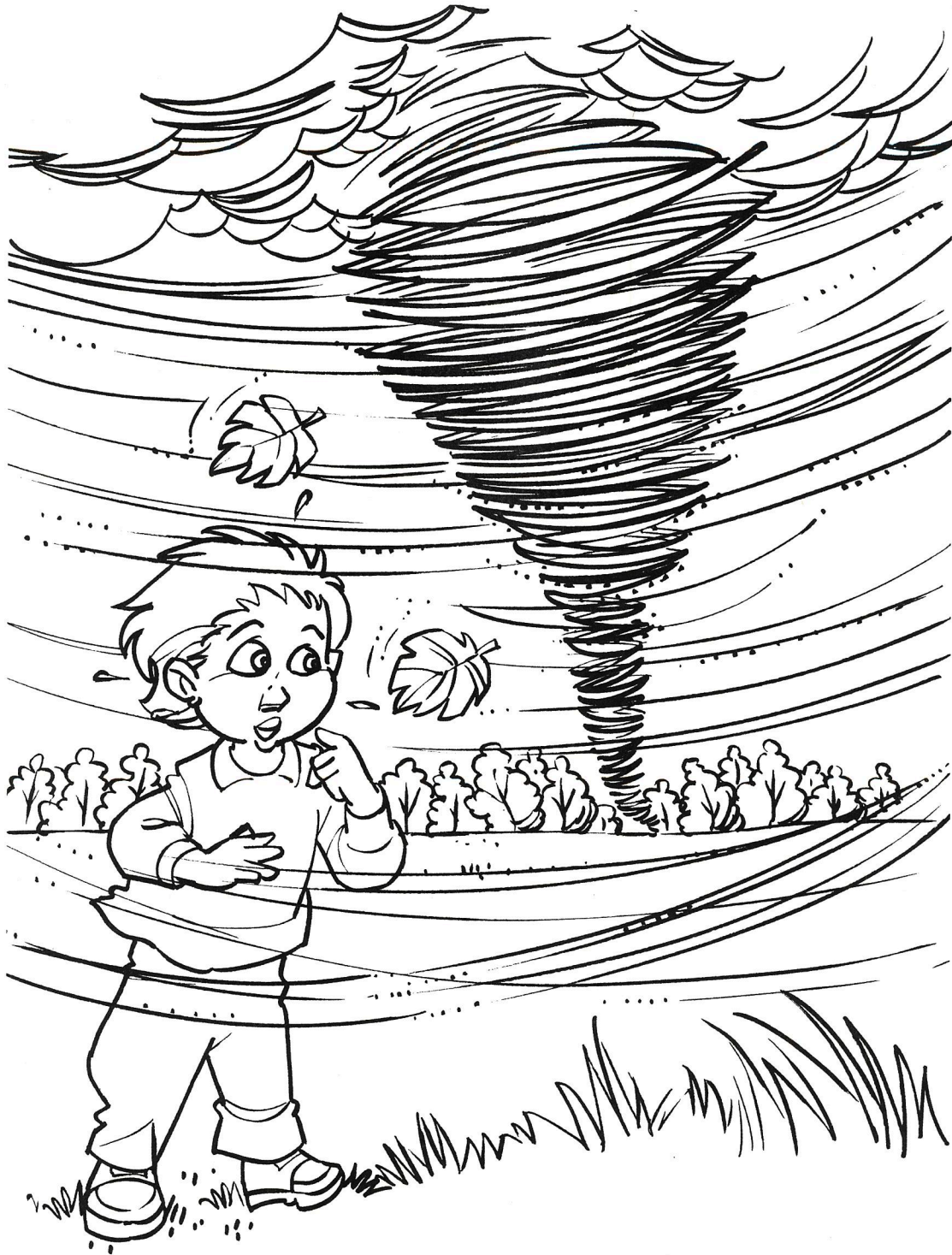
But when something happens that's hard to cope with, you might get a tummy-ache or be nervous or not be able to sleep or eat. With conflict, you might be angry, too, and lose your temper.

Every day we meet new challenges. We go to school, we try to fit in, we take tests, and meet new people.

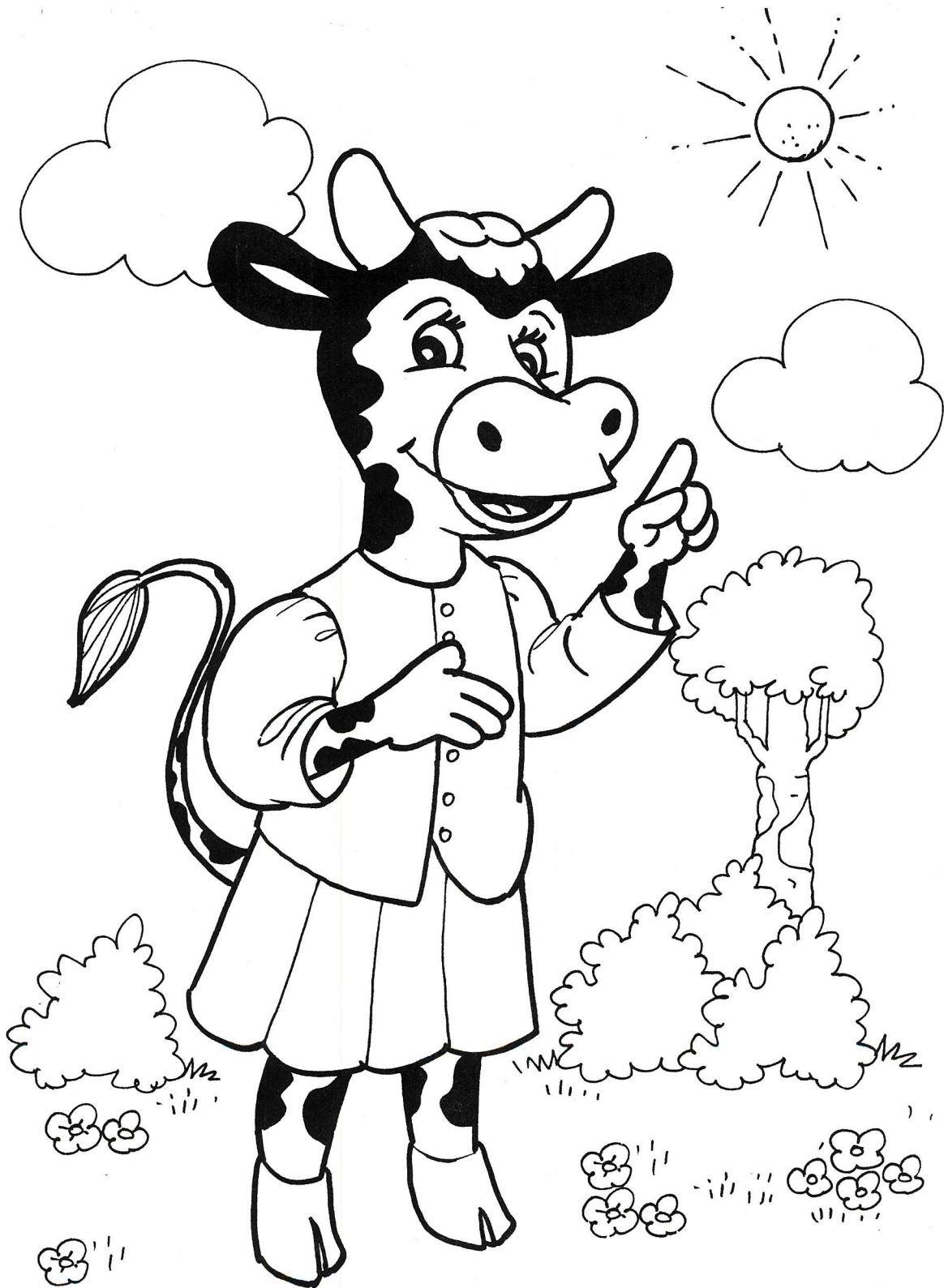


Sometimes we have stress and conflict when we're learning something new or trying to play a sport that is difficult.

It's normal to be upset about things that cause distress.



Things like a divorce in your family, having to go to a new school or having to move to a new town or a new house all can cause distress. You may feel distressed if someone you love has been sick or has died. Going through something like a tornado or an earthquake are other things that can make you feel distressed.



There is stress and conflict when something is beyond our control. When we think there's nothing we can do to fix the problem. But there really is.

There are many ways to deal with problems. You could read a book, put on a puppet show, or draw and write about how you feel. Playing with your dolls, stuffed animals, or cars might also help you feel better.



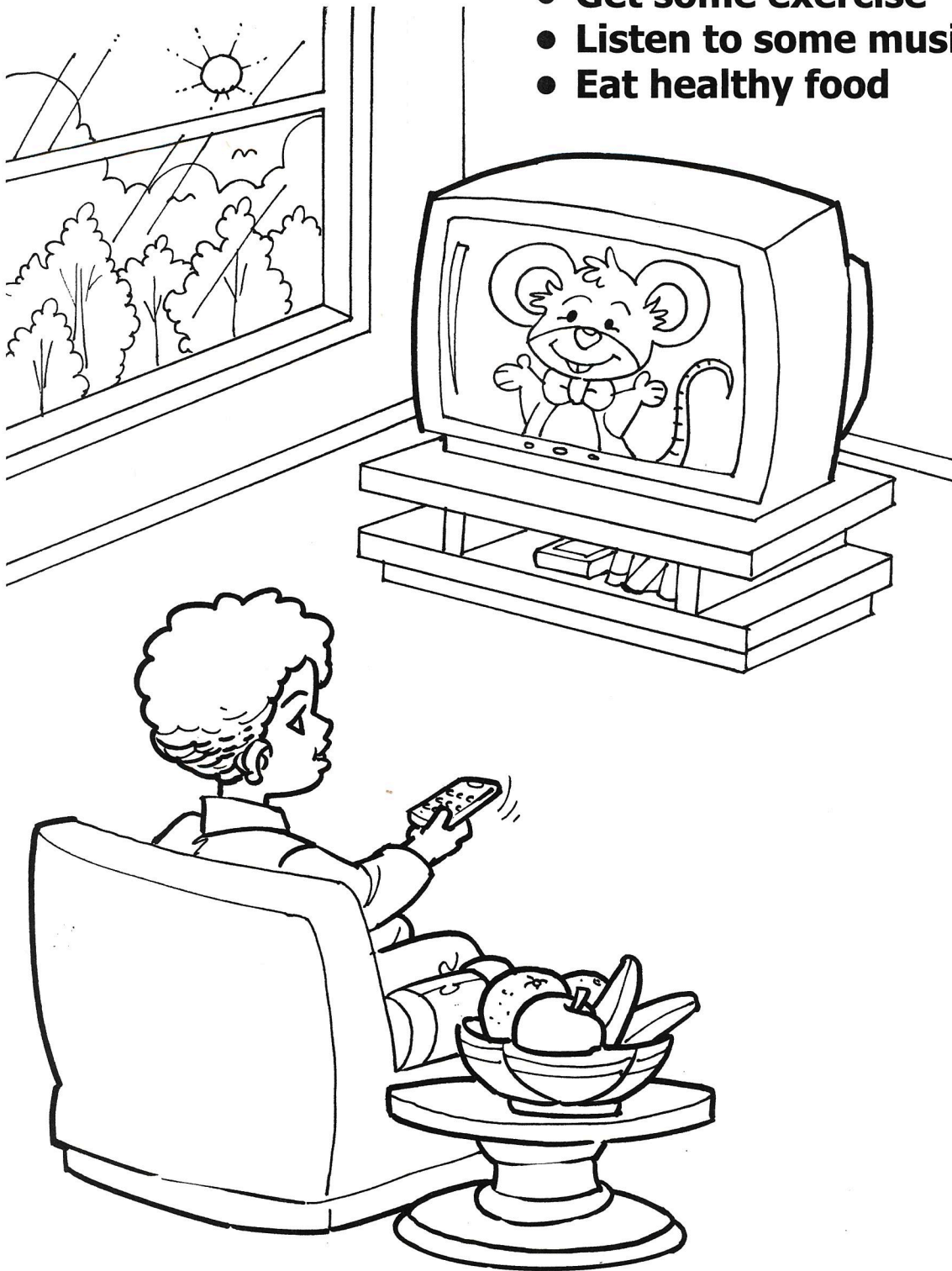
Talk to your family or a trusted grownup like a teacher, about what's bothering you. It helps!



Some other things you can do to make yourself feel better are:

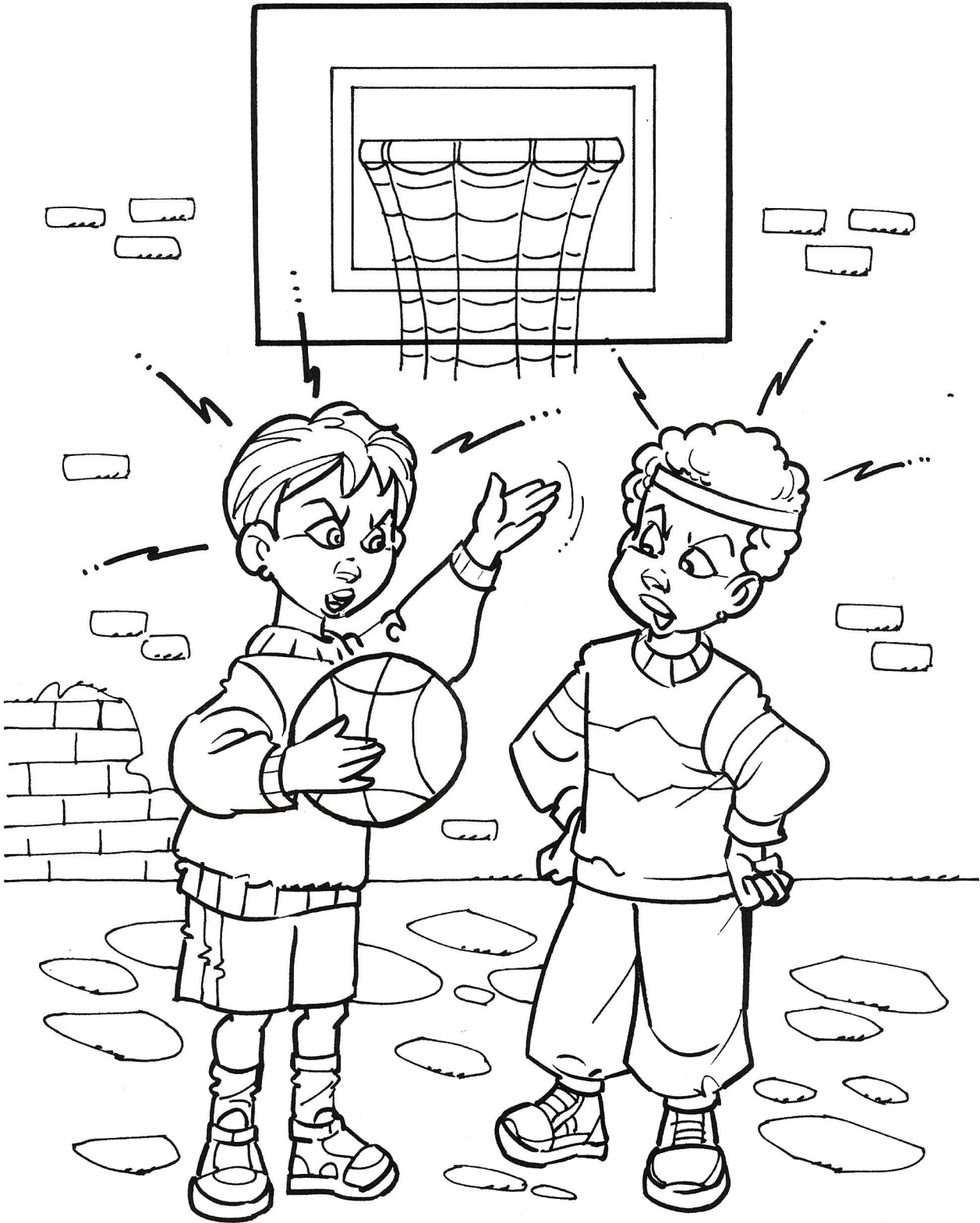
- **Work on positive self-esteem. Tell yourself you're great, you're strong and you will get through tough times!**
- **Keep up with your schoolwork, sports, and hobbies.**
- **See your friends.**
- **Try to keep calm and control your anger.**

- **Take some deep breaths**
- **Get some exercise**
- **Listen to some music**
- **Eat healthy food**



- **Use your imagination to think of happy times and places.**
- **Laugh. Watch a funny TV show or movie or tell some jokes.**
- **Get some rest. Stock up on Zzzzzzzs. Things might be better in the morning.**

The truth is that stress and conflict happen to everyone. It's how you deal with it that shows how strong you are.



**If things are bad, remember, bad times don't last.
Believe in the future. Things will get better –
honestly. Cows always tell the truth.**



THE WORDS ARE ALL MIXED UP



Can you unscramble the words?

HINT: The word begins with the letter in black

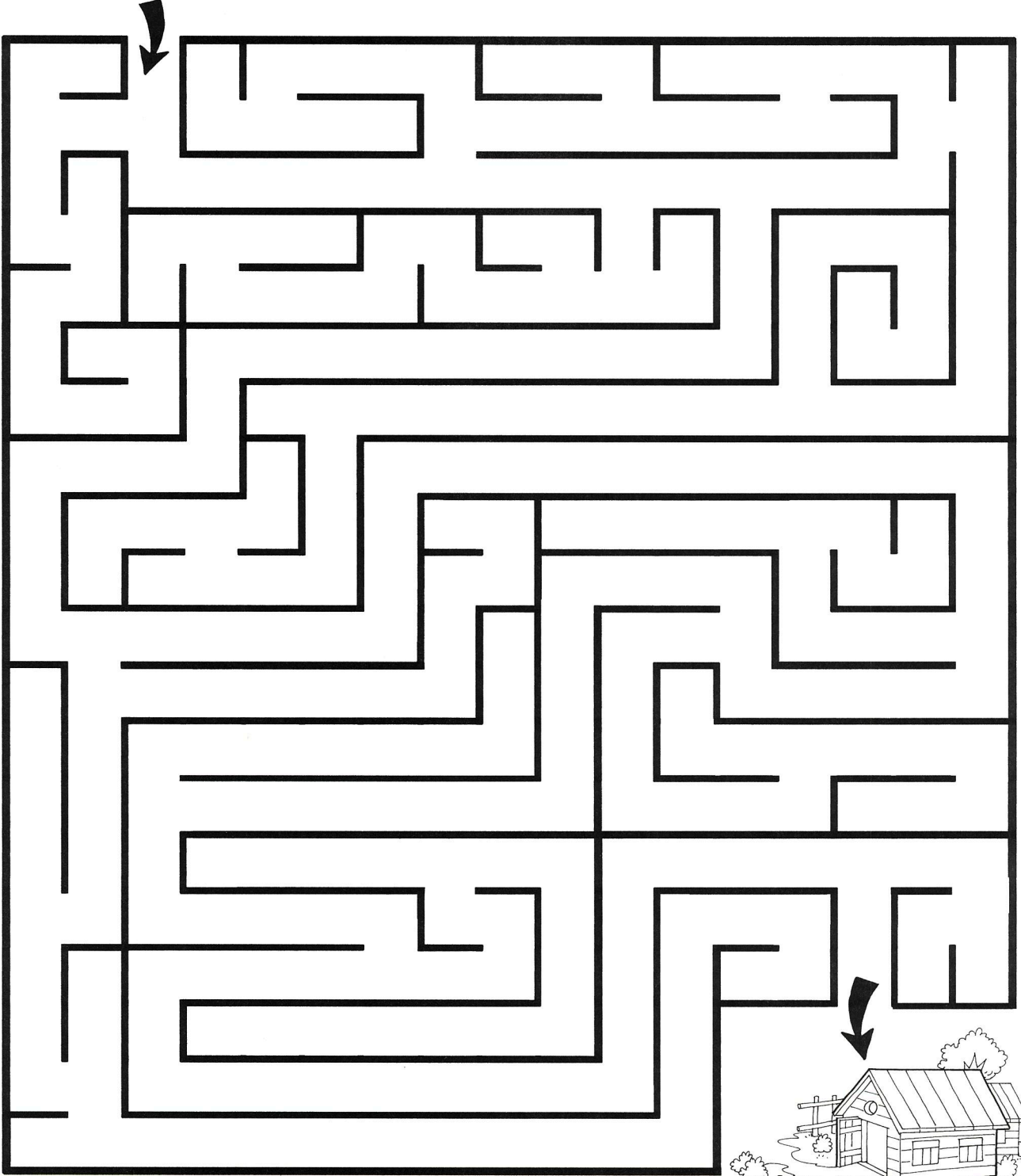
1. **W**OSC _____
2. r**t**sses _____
3. foc**i**ctln _____
4. b**m**orple _____
5. g**r**ane _____
6. et**d**eicx _____
7. s**d**sirste _____
8. n**l**rctoo _____

ANSWER 1. cows 2. stress 3. conflict 4. problem 5. anger 6. excited 7. distress 8. control



A-MAZING!

Help Carolyn find her way
from the meadow to the barn!



FILL-IN FUN



Fill in the missing word

- 1. We all have _____ in our lives.**
- 2. It's a good idea to _____ about your feelings.**
- 3. Use your imagination to think about _____ places.**
- 4. Working on art or _____ books may help make you feel better.**
- 5. We face new _____ at school everyday.**

What's the Difference?

Carolyn is having fun in her pasture.
But what's different about her?



See answer on next page

WHAT'S THE DIFFERENCE?

Previous page ANSWER: 2

Time to Laugh!

QUESTIONS:

1. When does a dog go "moo"?
2. What do cows like to dance to?
3. What do cows read at bedtime?
4. How do you count cows in a herd?
5. What kind of movies do cows star in?
6. What do you call a cow in the back yard?
7. What do you call a cow wearing a crown?
8. What do you get if you cross a cow with a camel?



ANSWERS:

1. When it is learning a new language!
2. Any kind of moo-sic!
3. Dairy tales.
4. You use a cow-culator.
5. Moo-sicals.
6. A lawn moo-er.
7. Dairy Queen.
8. Lumpy milkshakes!

Dealing with Stress & Conflict

*If I have stress or conflict,
I promise to do what Carolyn
the Cow suggests to help
me feel better.*

Sign your name here



Conforms to ASTM D-4236, Intended for ages 3 years & up.
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