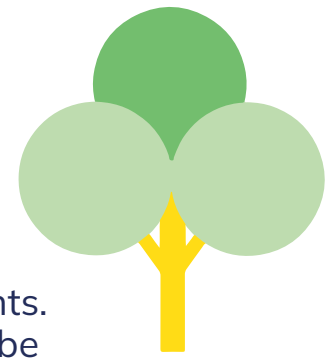


# Responding to stressful situations toolkit: Primary



Stress is a natural response to challenging situations and events. While everyone experiences stress to some extent, stress can be overwhelming when it is particularly intense or long-lasting, and negatively impacts our physical or mental wellbeing.

This toolkit contains resources to support both pupils and staff to identify and manage stress. It contains lesson plans, tips and advice and supporting activities for dealing with stress in relation to school life, as well as potentially distressing events in the wider world.

The resources are divided into materials for use with pupils and materials to support staff.

## Resources



### Resources for use with pupils

#### [Understanding stress](#) - YoungMinds and Beano

Lesson plans and resources for KS1 and KS2, designed to help pupils understand what stress can feel like, how it affects us, and how to manage it.

#### [Advice and support for coping with stress](#) - Childline

Tips and activity ideas for children to manage stress, with links to additional support resources like apps and videos.

#### [Responding to critical incidents in educational communities](#) - UK Trauma Council

A set of resources, including lesson plans, to support schools to respond effectively to potentially traumatic and distressing incidents.



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## Resources for use with staff

### [Creating a safe, inclusive and supportive learning environment - British Red Cross](#)

Guidance on creating a safe and supportive learning environment when exploring sensitive, challenging and potentially distressing topics with pupils.

### [How to handle stress - Education Support](#)

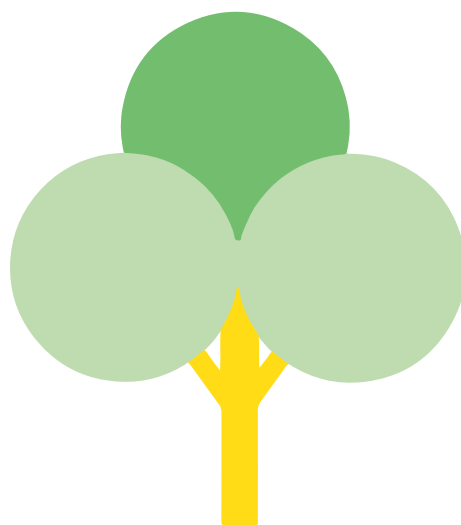
An article and printable poster with tips and guidance for staff on how to manage stress and look after their mental wellbeing.

### [Interactive stress container - Mental Health First Aid England](#)

An interactive tool to support staff identify stress, recognise how it affects them and develop helpful coping strategies.

### [Every Mind Matters self-care tool - Public Health England](#)

An online tool and action plan that provides personalised, practical tips to support individuals to manage stress and look after their mental wellbeing.



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