

Learning Activity 1: Reacting to Stress



Situation 2: Jamal and Hunter - A New School

Jamal and their family recently moved to a new province. Jamal is feeling anxious in their new school. They have been finding it difficult meeting and making new friends. Jamal dreads getting up and going to school. They are feeling anxious all the time and even sick in the mornings. At night, Jamal cannot sleep thinking that they must go to school the next day.

Hunter recently switched schools and has already made many new friends. They were also invited to try out for the school ball hockey team. Hunter is excited and looks forward to going to school every day. Hunter also enjoys spending time after school taking part in other extracurricular activities.

Identify the stressor for Jamal.

How might this stress have a negative impact on Jamal?

How could this stress be beneficial for Jamal?

Jamal and Hunter both moved to a new school (stressor), yet they are having different experiences. Discuss how and why you think Jamal and Hunter are dealing with the situation differently?

Identify strategies Jamal could use to take control of this stressful situation.