

Learning Activity 1: Reacting to Stress



Situation 4: Liam and Esme - Cancelled Plans

Liam loves to ski. However, he recently had to cancel his long-planned skiing trip due to a storm. Liam is disappointed and frustrated as he has been planning and looking forward to this. Liam is so upset and angry that he decides to skip school for the next few days.

Esme was excited to be going on a beach vacation with her family. They were thrilled to be getting away from the winter storms and excited for fun in the sun. Unfortunately, due to extended weather delays, the trip was cancelled. Despite the initial disappointment, Esme understood the importance of being with her family and is hopeful for another trip.

Identify the stressor for Liam.

How might this stress have a negative impact on Liam?

How could this stress be beneficial for Liam?

Liam and Esme both experienced disappointment due to cancelled vacations (stressor), yet they are having different experiences. Discuss how and why you think Liam and Esme are dealing with the situation differently.

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