



### **Discussion Guide for Episode 4: Dealing with Stress**

1. What kinds of things are hard or frustrating for The Kids? Do any of them sound familiar to you?
2. Do you ever get angry or frustrated about your schoolwork, Zoom, computers, or Covid-19? Or things that your family or friends do or don't do?
3. Marcia said that one day she got so frustrated that she mashed all the keys on her keyboard at the same time, and it messed up her computer. What do you usually do when you are angry or frustrated? **\*\*Name some good things, and maybe even some not-so-good things (*because all of us sometimes do things that make things worse!*)**
4. Does your brain ever get “scramble-dy” like David’s? What other ways would you describe being stressed out?
5. Does anybody sometimes get distracted, like Tina?
6. What does Tina’s grandma like to do when she is feeling frustrated? What were some of her other suggestions for ways to help yourself feel better on a bad day?
7. What kinds of things help you feel better when you are having a bad day? (It can be things you do, or think about, ore remember, or listen to, or read, or say out loud to yourself.)
8. Who do you talk to when you are having a bad day?
9. What pets do you have at home? Or in your neighborhood? Does anyone have a peacock?
10. What are some things that make you happy?
11. Name three things that you are thankful for, and write them down.