

The Stress Detective

A Fill-in-the-Blank Story

Calvin's Mom thought that he was tired and cranky too much of the time. Calvin was often in a bad mood at breakfast, and he didn't want to talk. Calvin complained about school, and he usually didn't want to go. When Calvin came home from school he looked tired and _____ and he said _____.

Calvin's Mom remembered when he was much happier, and she worried that _____.

So she asked him, "Calvin, what is making you so unhappy?"

"I'm stressed out," Calvin replied, "I'm just stressed out."

"Well let's see what is causing you so much stress," Calvin's Mom said. "Sit down by me and tell me what happens to you throughout the day to make you feel stressed out."

Calvin said, "In the morning _____."

"Then at school _____."

"At recess _____."

"And then when I come home _____."

"And even when I'm trying to relax I _____."

"Well that is a lot of stress on you," Calvin's Mom said.

"Let's see what we can do about it."

Calvin's Mom suggested _____

And Calvin said _____

"Do you think that will help?" Calvin's Mom said with a smile.

"It has helped a little already," Calvin said to his Mom. And he smiled, too.