



Cloud, branches, trunk, roots

Building a Tree of Knowledge about Stress Management

CLOUD: What is a **stressor** (something that causes stress) in your life?

ROOT: What is something that you learned from **your family** about managing stress?

TRUNK: What is something that you learned from **your culture** about managing stress?

BRANCH: What is something that you **taught yourself** about managing stress?

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Also see: http://www.popednews.org/downloads/tree_of_knowledge.pdf