



## High School

### Home Connection

#### Stress Management

Dear \_\_\_\_\_,

Today in class, we learned that **stress** is the feeling you get when you are worried, frustrated, or overwhelmed. We learned that a **zentangle** is a patterned symbol that you can create to help you calm down and de-stress. We then created our zentangles and shared them with the class.

Please encourage your student to share their zentangle with family members. Help them pick another relaxing strategy and practice using it at home to de-stress.

Please do not hesitate to reach out with any questions or concerns.

Best,

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