

# Stop! The Worry

## Activity

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Students build safe and thoughtful solutions around the issues and concerns that affect them emotionally.

## Why Do It?

Students use the "STOP!" acronym to build safe and thoughtful solutions around the issues and concerns that affect them emotionally.

## How Do We Do It?

Students brainstorm a list of worries that students their age might have.

Working in small groups of 2–3, students select one issue to think of solutions for.

Student leaders present the STOP! acronym:

- **S:** Stop and review — What is the issue? Name it.
- **T:** Think — How do I feel? What are some possible solutions?
- **O:** Options — Choose the best option to stay safe. Choose to take good care of myself.
- **P:** People and places — Who can help me? Where can I find assistance?
- **!** — Be excited that you are a solution builder!

Have students review their solutions and, using STOP!, determine how they might address the issue similarly or differently the next time certain emotions come up.

## What Else Do We Need?

- Paper
- Writing utensils

## How Do We Get Creative?

Have students create scenarios and share them with other groups to respond to.

Display scenarios and responses anonymously on a bulletin board to share them with other students.

Adapted from: Alberta Education. Mental Health Matters. Retrieved from

<https://education.alberta.ca/mental-health/information-and-resources/everyone/mental-health-supports/>