The Madeleine Brennan IS 201
Principal, Robert Ciulla

The Knight's Table

Social Emotional Awareness Leadership Est-2019

What causes stress in middle school and how can you handle it?



Middle school can be really stressful for a lot of different reasons. One big cause of stress is schoolwork. We have homework almost every night, big projects, tests, and sometimes quizzes all in the same week. It can feel overwhelming trying to remember everything and still have time to relax. Another cause of stress is friendships. In middle school, people change, friend groups shift, and sometimes drama happens. That can make school feel uncomfortable or awkward.

Social media can also add stress because people compare themselves to others or worry about what others are posting. On top of that, many students feel pressure to get good grades so they can make their parents proud or get into a good high school. All of these things together can make middle school feel like a lot to handle.

Even though middle school is stressful, there are healthy ways to deal with it. One way is to stay organized by using a planner or writing down assignments so nothing is forgotten. Managing time better can help students feel more in control. It also helps to talk to someone you trust, like a parent, teacher, or friend, about what is bothering you instead of keeping it all inside. Taking breaks, getting enough sleep, and doing activities you enjoy, like sports, art, or music, can also reduce stress. Deep breathing or just taking a few quiet minutes to calm down can make a big difference before a test or presentation. Middle school might not always be easy, but if students learn how to handle stress in healthy ways, they can feel more confident and balanced.

Leilani Quintana

The Knight's Table

Social Emotional Awareness Leadership Est-2019

What Causes Stress in Middle School and How Can You Handle It?

Stress Decoder Math Puzzle

Directions: Solve each math problem. Use the decoder key to turn each answer into a letter. Write the letter in the matching numbered box at the bottom. When you finish, the boxes will reveal a positive stress-management message.

A=1	B=2	C=3	D=4	E=5	F=6	G=7	H=8	I=9	J=10	K=11	L=12	M=13
N=14	O=15	P=16	Q=17	R=18	S=19	T=20	U=21	V=22	W=23	X=24	Y=25	Z=26

#	Math Problem	Answer	#	Math Problem	Answer
1	7 - 5	___	11	3 - 2	___
2	3 x 6	___	12	20 - 1	___
3	20 ÷ 4	___	13	33 ÷ 3	___
4	9 - 8	___	14	2 x 3	___
5	4 x (3 + 2)	___	15	45 ÷ 3	___
6	2^3	___	16	9 x 2	___
7	15 - 10	___	17	4 + 4	___
8	12 ÷ 12	___	18	25 ÷ 5	___
9	7 + 7	___	19	3 x 4	___
10	16 ÷ 4	___	20	4^2	___

Hidden Message Boxes

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Rewrite the message with spaces: _____



Quick reflection: One thing that causes stress in middle school is _____. One healthy way I can handle it is _____.

Product of the S.E.A.L. Team

Lily Ana Catalano, Riley Dubois, Hana Durgut, Michelle Huo, Stacy Katsaros
Aila Kuka, Leilani Quintana, Amelia Tuzzolino, Heidy Youssef (8th grade)