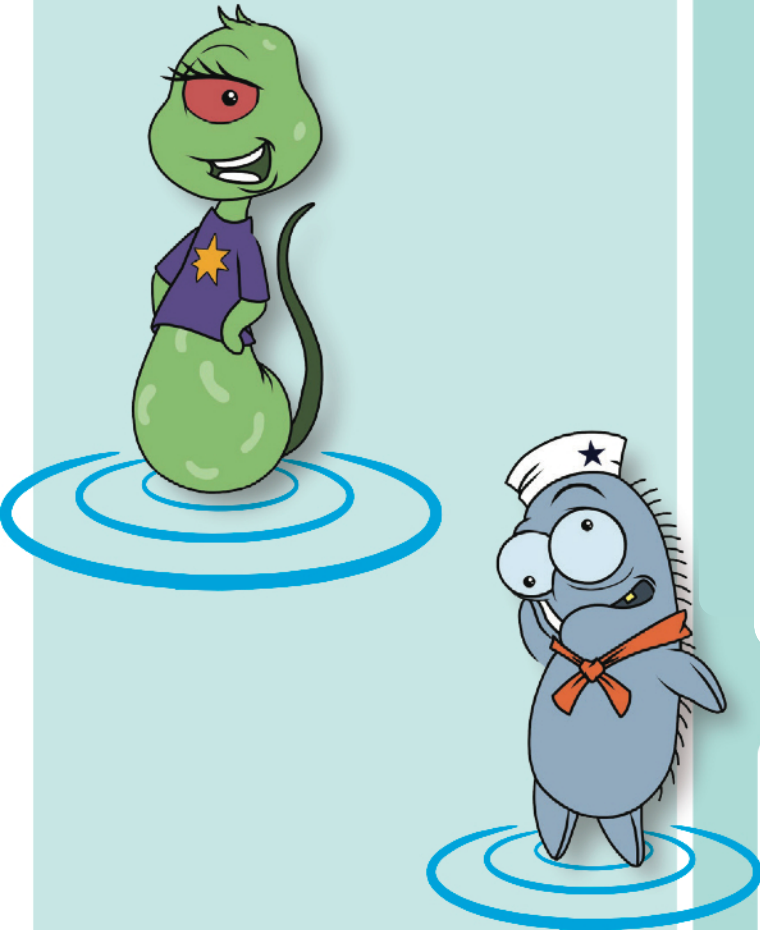


# 01

## Cartoonversation™

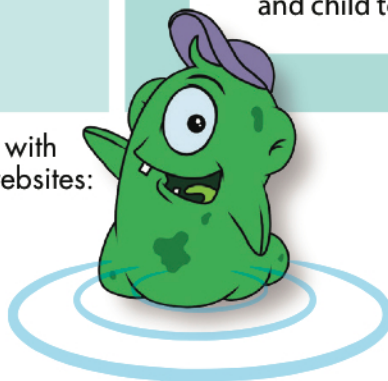
### Card Episode 1 **Too Many Activities**



### Five Websites

For more information on how to deal with stress in children, please visit these websites:

1. [promoteprevent.org](http://promoteprevent.org)
2. [cdc.gov](http://cdc.gov)
3. [nih.gov](http://nih.gov)
4. [psychologytoday.com](http://psychologytoday.com)
5. [webmd.com](http://webmd.com)



### Five Cartoonversation™ Starters

1. What does stress feel like to you?
2. What does stress look like? Can you tell when other people are stressed?
3. What can you do to avoid being stressed by activities that you enjoy?
4. How do you know when you are doing too much?
5. What time do you go to bed at night? What time do you get up in the morning?

### Five Factoids

1. Children who are too busy have a higher incidence of performance anxiety, which can lead to depression.
2. Too many activities can lead to problems sleeping and eating. Children may also show an increase in headaches, stomachaches and a reluctance to participate in school or fun activities.
3. Children often pick up stress from the adults around them.
4. It is important for children to spend time with their family and friends in unstructured activities – simply playing without a schedule or agenda.
5. Sharing stories and personal experiences can comfort a child and build the necessary intimacy between parent and child to help cope with stress.

  
Wheeler  
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