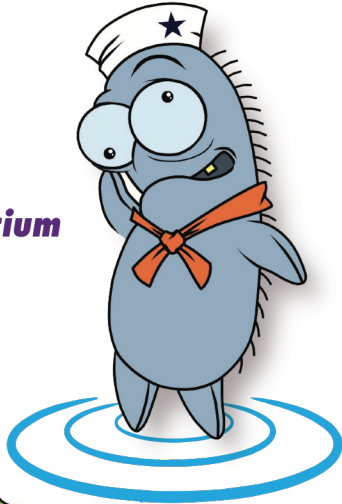


Story Card



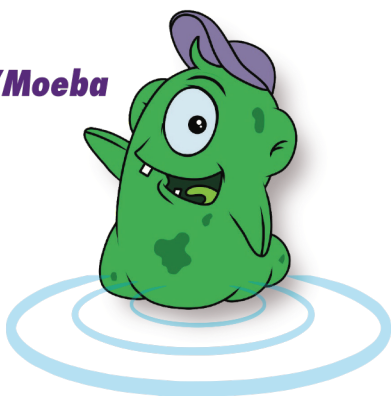
Parry Mecium



Gina Euglena



Andy O'Moeba



Does it ever seem like you live your life under a microscope?

Meet three friends who know exactly how you feel. They may be single-celled organisms living on a microscope slide in a lab, but take a closer look and you will see they have more in common with us than meets the eye.

Parry Mecium

Parry can sometimes be the single-celled bull in a china shop. He means well and he certainly likes his friends, but it doesn't always come across that way. We all know someone like Parry, and sometimes we may be the one acting like Parry and not even know it.

Gina Euglena

Gina often plays the role of big sister to Andy, and she looks to keep him out of harm's way. Sometimes that means Gina is the one who ends up in harm's way – or in Parry's way. She may have a little bit of a temper, but she is all heart.

Andy O'Moeba

Andy is the youngster, and it shows. He is loveable, curious and a bit of a troublemaker. He isn't afraid to try new things (most of the time), and he isn't afraid to show his emotions. He isn't afraid to eat, either!

Episode 1

Too Many Activities

We all want what's best for our kids, but when does too much of a good thing become a bad thing? In our efforts to keep young people engaged, we sometimes let the schedule get overcrowded - and that can lead to stress. We may not always see it coming, but it's pretty obvious once it arrives.

Take a peek through the microscope and see what happens when ten pounds of activity get crammed into a five-pound day. After watching the cartoon, have an informal discussion using the Cartoonversation™ Card as a guide. You will be impressed and inspired by what the kids think and say.

Enjoy the cartoon.

Enjoy the Cartoonversation™.

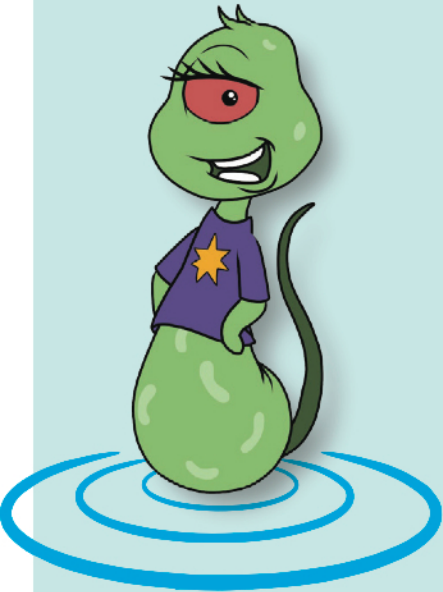
Enjoy the kids.

01

Cartoonversation™

Card Episode 1

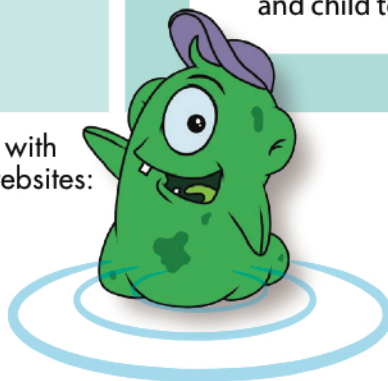
Too Many Activities



Five Websites

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

1. promoteprevent.org
2. cdc.gov
3. nih.gov
4. psychologytoday.com
5. 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.



HACKLEY COMMUNITY CARE