

# Possible Stressors - Card Master Sheet

SPELLING DICTATION	GOING TO A NEW SCHOOL
EATING DINNER WITH YOUR FAMILY	BIRTH OF NEW BROTHER/SISTER
STAYING OVER AT A FRIEND'S HOUSE	MONEY PROBLEMS AT HOME
SOCCER GAME	WATCHING TV
TRYING A NEW GAME FOR THE FIRST TIME	PARENTS' DIVORCE
GOING TO A NEW GRADE	WRITING A TEST
BABYSITTING	ROAD HOCKEY
FAMILY ARGUMENTS	LOSING A BALL GAME
HAVING THE CHICKEN POX	PLAYING A VIDEO/BOARD GAME
DEATH OF A PET	NOT GETTING ENOUGH SLEEP
MUSIC RECITAL	RECEIVING AN AWARD AT AN ASSEMBLY