

## Stress Management/Self Care



**Say to Youth:** Don't stress, do your best, forget the rest. In this activity, you and I will look at objects and figure if they respond to the same emotions as humans do. Let's go!

## Living and Nonliving Characteristics

### Materials:

- Living and Nonliving Characteristics Worksheet
  - Can use online if have online access: [https://www.cfchildren.org/wp-content/uploads/blog/summer-camp/Week2/04\\_characteristics.pdf](https://www.cfchildren.org/wp-content/uploads/blog/summer-camp/Week2/04_characteristics.pdf)

### Instructions:

- Use the Living and Nonliving Characteristics worksheet, have youth compare the characteristics of living and nonliving things, including the ability to have strong feelings.
- Have youth answer the questions in the worksheet and share their observations with you
  - For each thing, discuss the following questions with child
    - 5 questions for each 6 things



**Reflection:** After going through the 6 things, discuss the following questions with child. What do humans do to calm down? What do you do to calm down? How are the things in the worksheet differ from a human and from you? Adult can help guide youth's responses if youth is having challenges with answering.