

The background of the entire image is a pattern of overlapping, semi-transparent circles in various colors including green, yellow, brown, pink, blue, and red. The circles are arranged in a somewhat regular grid but overlap significantly, creating a vibrant, textured effect.

OVERWHELMED

HOW TO GET HELP IF YOU OR
A CLASSMATE NEEDS IT



Hey! Let's start by discussing what **OVERWHELMED** might look like for 3rd – 5th graders.

SIBLINGS
FIGHTING

Are they mad
at me?

Body changes

CHORES

PARENTS

TEACHERS

How can I get
everything done?
Where do I sit
at lunch?

Body changes

PRACTICE AFTER
SCHOOL

HOMEWORK This is too
hard.

Band practice

Big project

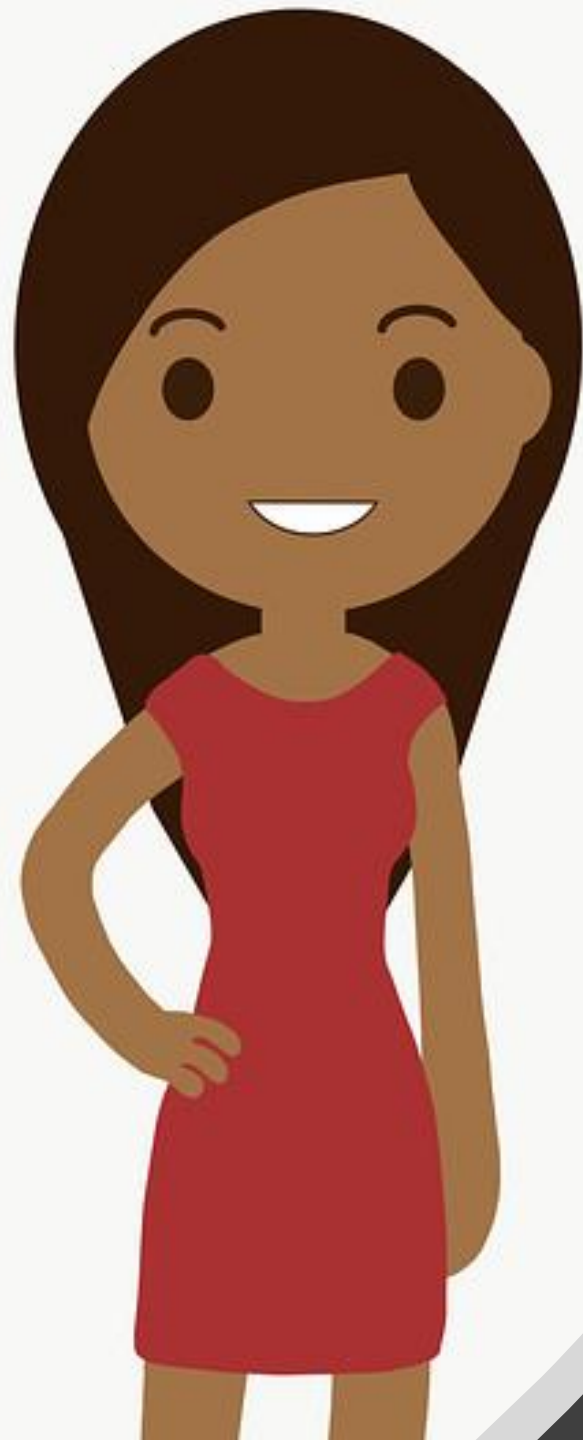
FRIEND

Sports due
practice

Teachers are
annoyed I think

DRAMA

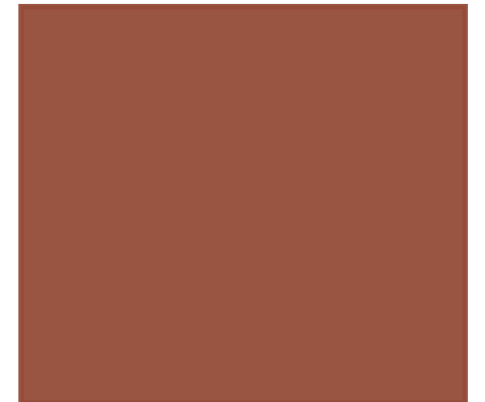
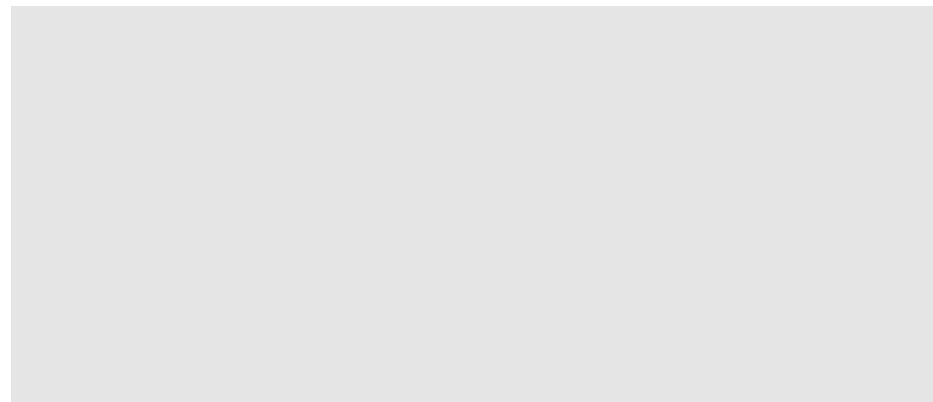
Tryouts soon



This is
normal.



However.....





It's not always easy.

SIBLINGS
FIGHTING

Are they mad
at me? What if I fail?

Body changes

CHORES PARENTS

TEACHERS

How can I get
everything done?

But how do you
deal with all
this stress?

Tryouts soon
Body changes



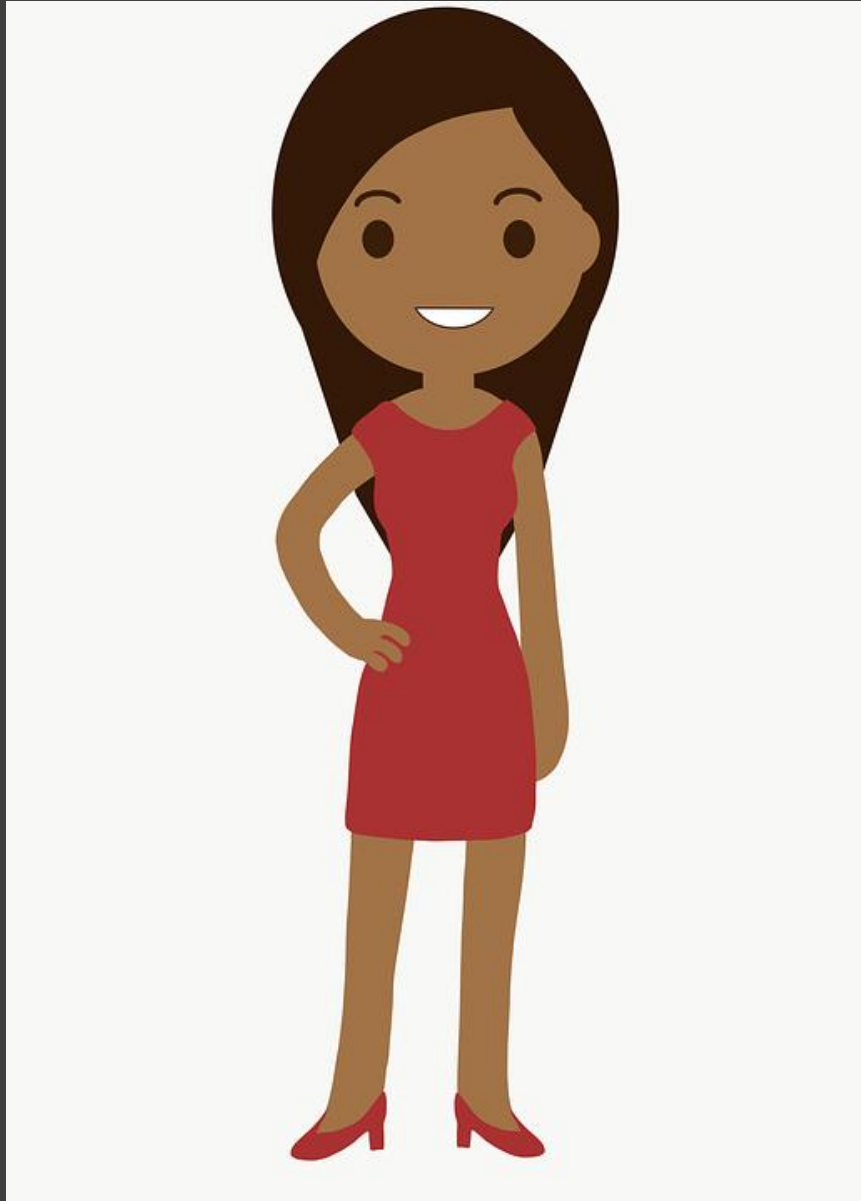
Band practice
HOMEWORK is too
hard
PRACTICE AFTER
SCHOOL

Big project
Teachers are
annoyed I think

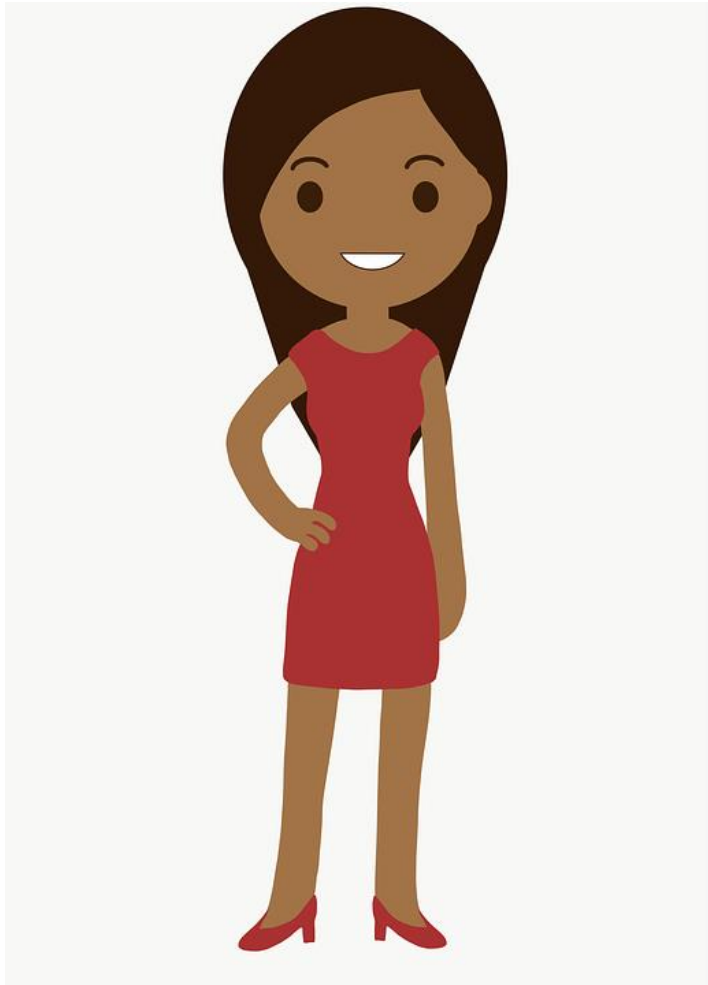
FRIEND
DRAMA

Where do I sit
at lunch?

Sports
practice



Let's go through
some ways you can
get help when you
feel overwhelmed!



You can talk to
your school
counselor about
coping skills.



You can talk to your
parents or teachers.



Or you can practice some coping skills on your own and see what works best for you!



Sometimes it's
more though.

Tell a safe adult whenever

- A classmate talks about not wanting to live.
- A classmate talks about wanting to hurt themselves.
- A classmate talks about others being better off without them.

It is never your job to have to ask
any more questions or feel like you
have to do anything else other than
tell a trusted adult.

Our job is to protect you.

We will do the rest.

Ask for help from a trusted adult if:

- You feel like hurting yourself.
- You feel overwhelmed to the point of harming yourself.
- You feel like your feelings are too big to handle by yourself.

REMEMBER:

Sadness, worry, happiness, anger, nervousness,
every emotion is normal at some point in time.



When emotions get so big that someone is unsafe, that is
when an adult needs to get involved.