

Name: _____

Reread *My Best Friend ... NOT!* and look for the different sources of stress that Rina experiences. You can also note stressors that you have experienced. Make brief notes about how you felt or reacted in those situations.

Source of Stress	For Rina	For Me	Feeling or Reaction
Starting school			
Starting a new activity (club, team, arts program, etc.)			
Moving to a new house or school			
Making new friends			
Wondering if I will be accepted by other kids			
Fighting with my parents			
Fighting with my brother or sister			
Fighting with a friend			
Wearing the right clothes, shoes, etc.			
Being left out or not chosen			
Not being good enough at a subject or activity			
Adults not listening to me			
Having to make difficult decisions for myself or others			
Ending an important relationship with a friend			
Bullying in person			
Cyberbullying			
Doing something that I was not comfortable with because of peer pressure			
Parents giving me too many jobs and responsibilities			
Death of a pet			
Personal injury or health issue			
Speaking up in class (public speaking)			
Threat of violence in school or community			
Dealing with a big change in my schedule			
Not getting enough sleep			

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	Skills	Challenges/ Stressors	Support	Outcome	Message
Clara Hughes					
Gilmore Junio					
Josh Cassidy					
Jennifer Botterill					
Daniel Igali					

What was similar about the athletes profiled in *Striking a Balance*?

What was different about them?

If you could be one of these athletes, which one would you like to be? Why?

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Record how many hours per day you spend on the activities listed by your class.

TOTAL									
Sat.									
Fri.									
Thurs.									
Wed.									
Tues.									
Mon.									
Sun.									
ACTIVITIES									

Name: _____

Something I would like to do (or be) ____ years from now:

Share your goals with a partner.

Have you created a “balanced” plan? Are any changes necessary?

Do you have a Plan B in case this doesn't work out? What is it?

How would you recover from the following situations? Present your responses using drama, perhaps in a short scene. Read your situation and then act out your response.

- 1) Yemi was in a funk. Nothing was going right. He had tried out twice for the “Rep” soccer team and didn’t make it. He was so down he just wanted to stay in his room and play video games. “I guess I am just not good enough,” he thought.

- 2) Summer had a gymnastics meet coming up, but she had gained some weight since the trials and she was sure her coach wouldn’t be happy. “Maybe I will just pretend I am sick,” she thought.

- 3) Chris and Meghan had not been speaking for weeks. It all started when Chris started saying mean things about Meghan’s mom to everybody. The rumours escalated to the point where Meghan just didn’t want to go to school.

- 4) Amanjeet and Maninder were first cousins. Both of them had a real talent for drawing. For the school art show, they both submitted their drawings and, as usual, Maninder won first prize, and Amanjeet came in second. “I might as well quit,” said Amanjeet. “I will never be better than Maninder.”

- 5) Will and his mom had just moved from their small but comfortable home on the reserve to an apartment in the big city. His mom said it was going to be an exciting new experience for both of them, but Will missed his friends, his school, and his cousins. “I guess I have to do this for Mom,” he thought, “but I will never feel like this is home.”

Name:

Interview your partner by asking the following questions. Take notes that will help you write a profile of your partner.

- What is your full name?
- Where were you born?
- What is your favourite hobby or pastime? How did you get interested in it?
- What is your favourite subject in school?
- If you had to name one thing that you are good at, what would it be?
- Who would you say is your personal hero and why?
- If you could be good at anything in the world, what would it be and why?
- What do you want to be or do when you are an adult?
- Is there anything else that you would like people to know about you?

Once you have interviewed each other, you may prepare your profile in the form of a story, report, electronic presentation, computer-generated newspaper article, poster, or any other form that will highlight the information you have learned about your partner.