## Signs that Children might be stressed

Our children benefit from routines and certainties and may be worried and stressed during this time. Children can show their stress in different ways. Pictured are ways children might show that they are stressed and ways to support them during this time.

Excessive crying, sadness worry



Returning to behaviour they had grown out of Difficulty with attention and concentration



Unhealthy eating or sleeping habits Signs That Children Might Be Stressed

"acting out"
behaviour in
teens

Avoidance of activities enjoyed in the past

Unexplained headaches or body pain Use of alcohol, tobacco, or other drugs