

The Electric Elevens

<https://www.responsiveclassroom.org/the-electric-eleven-year-old/>

The Twixt Twelves

<https://www.responsiveclassroom.org/the-twixt-twelve-year-old/>

The Thriving Thirteens

<https://www.responsiveclassroom.org/the-thriving-thirteens/>

The Fervent Fourteen

<https://www.responsiveclassroom.org/the-fervent-fourteens/>

Tips for Teachers: Ways to Help Students Who Struggle with Emotions or Behavior

<http://www.mentalhealthamerica.net/conditions/tips-teachers-ways-help-students-who-struggle-emotions-or-behavior>

Six Tactics to Help Your Students Deal with Stress

<https://www.theguardian.com/teacher-network/2017/feb/16/six-tactics-to-help-your-students-deal-with-stress>

Is Stress in the Classroom Contagious?

<http://neatoday.org/2016/07/25/is-stress-in-the-classroom-contagious/>

Risking Peace at a Troubled School

<https://www.edutopia.org/blog/stw-student-stress-meditation>

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| <p>11-year-olds</p> <p>3 things you want to remember</p> <p>2 Why does this matter?</p> <p>1 thing you plan to do differently</p> | <p>12-year-olds</p> <p>3 things you want to remember</p> <p>2 Why does this matter?</p> <p>1 thing you plan to do differently</p> |
| <p>13-year-olds</p> <p>3 things you want to remember</p> <p>2 Why does this matter?</p> <p>1 thing you plan to do differently</p> | <p>14-year-olds</p> <p>3 things you want to remember</p> <p>2 Why does this matter?</p> <p>1 thing you plan to do differently</p> |