






Eastside Literacy Warm-Up Exercise
Relieve Stress

Directions: Ask people what they like to do to relieve stress.
Write each person's name in the box next to that activity.

Ask: What do you like to do to relieve stress?

Activity	Name
 (exercise)	
 (spend time with friends)	
 (enjoy nature)	
 (listen to music)	
 (your idea)	