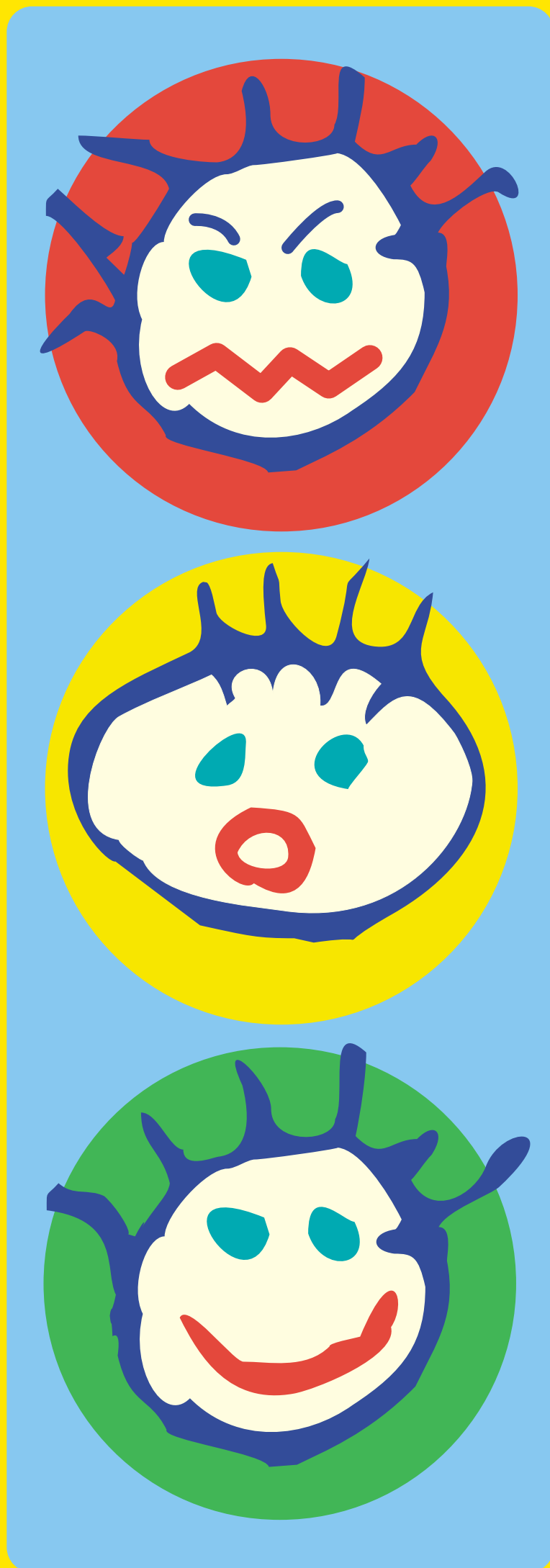


# The Stress Stoplight

**Red: Stop!**  
(Stress)

**Yellow: Change!**  
(Use the tools)

**Green: Go!**  
(I can cope)



[www.psychologyfoundation.org](http://www.psychologyfoundation.org)

Kids Have Stress Too! is a program of the Psychology Foundation of Canada.