"Dear Blabby"

Name:_____

Directions: Wrte a letter to an advice columnist explaining a fictitious but probable stressor that someone your age may be experiencing. Do not write on a true story. We will be sharing this letter with the class. The letter should be 5 sentences long and clearly explain the stressor.

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"Blabby Responds"

Name: _____

Directions: You are "Blabby." Write a healthy response to the letter you have received. Your one paragraph response should use some of the healthy stress management techniques discussed in class to show how you would help a friend in this stressful situation.

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