

# Shred your Stress



## PURPOSE

- Reduce stress by focusing on an activity
- Visualize overcoming worries or obstacles
- Writing down worries to get them off your mind, and symbolically letting them go as you shred them away

## OBJECTIVE

- Reduce student stress
- Refocus your mind

## INSTRUCTIONS

### Materials

- Electric shredder
- Paper
- Marker, Pen, or Pencil

### Assembly

1. Gather paper
2. Place electric shredder on a safe space
3. Find a recyclable bin to place shredded paper after activity

### Application

- Write down your worries or stressors on a piece of paper
- Place them on a shredder and let them go as you watch them disappear
- You can add an act of kindness by offering teachers in your building to shred any paper they no longer need
- Invite peers and take turns
- Let students around the school where you will set this up. The lunchroom, the front of school, or a specific classroom can all work.



**Let us know how the activity goes!**  
We'd love to hear from you or receive pictures or tag us on social media:



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