

Name _____

The Stress-Busting Toolbox

Short Answer

1. Describe the appearance of the stress-busting toolbox.
2. How did painting with the colorful paints and canvases help the narrator manage stress?
3. What was the most extraordinary tool in the toolbox, according to the narrator, and how did it help them?
4. What inspired the narrator to create their own stress-busting toolbox?
5. How do you think having a stress-busting toolbox can benefit someone in managing stress?

