

Name _____

The Stress-Busting Toolbox

Short Answer Key

1. The stress-busting toolbox contained an assortment of tools, including a journal, colorful paints and canvases, a soothing meditation CD, inspirational books, and a pair of running shoes.
2. Painting with the colorful paints and canvases helped the narrator manage stress by allowing them to express themselves and release tension through creativity.
3. The most extraordinary tool in the toolbox was a pair of running shoes, and it helped the narrator manage stress by providing an exhilarating way to release pent-up energy and feel more in control.
4. The narrator was inspired to create their own stress-busting toolbox to build a customized stress management toolkit.
5. Answers may vary, but students might suggest that having a stress-busting toolbox can benefit someone by providing a variety of options for managing stress, allowing them to choose what works best for them in different situations.

