

# GALE SCAVENGER HUNT: MANAGING STRESS

*Gale In Context: Elementary*

**Directions:** Use *Gale In Context: Elementary* to find the answers to our questions about dealing with stress.

From the **Topics** part of the home page, click **Health**. Then select **Healthy Habits**. Finally, choose **Managing Stress**. You will find everything you need on this page, and you will click back to it after each article you read. Make sure you use the **Cite** button to make a source citation- you will enter this where it says **Source**.

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1

Select the blue Keep Reading Button under the Managing Stress title.  
**What is stress?**

**What are two things that cause stress?**

**Source:**

2

Go to the Magazines section and read the article “HUG it Out”. This article says hugs relieve stress by reducing the amount of a stress hormone in your body.  
**What are three other things hugs can do for you?**

**Source:**

3

Go to the Pictures section and choose the picture called “How to Deal With Stress”. They list five ways to deal with stress, breathing exercises, exercising, sleeping, doing something fun, and talking to an adult.  
**Which of those five options have you done before? Did it help?**

**What is another way you deal with stress?**

**Source:**

4

Scroll to the bottom of the page and choose one of the Related Topics.  
**What related topic did you choose? Why?**

**What are three quick fact about your topic?**

**Source:**

5

Select the blue Keep Reading button on your new topic.  
**Write what you learned from this article in three sentences.**

**What questions do you have after reading this article?**

**Source:**

1

**Answer One:** Stress is a feeling of emotional or physical discomfort. It is mostly in the mind but affects the body.

**Answer Two:** Grades, problems with friends or family, moving to a new place or school, parents going through a separation or divorce, too many responsibilities.

**Source:** “Managing Stress.” Gale Elementary Online Collection, Gale, part of Cengage Group, 2021. Gale In Context: Elementary, [link.gale.com/apps/doc/WSIZFT481628479/ITKE?](https://link.gale.com/apps/doc/WSIZFT481628479/ITKE?)

2

**Answer:** They can relieve pain, lift moods, reduce fears, and strengthen bonds.

**Source:** “HUG it Out.” It GiRL, Sept. 2022, p. 44. Gale In Context: Elementary, [link.gale.com/apps/doc/A736836947/ITKE?](https://link.gale.com/apps/doc/A736836947/ITKE?)

3

**Answer One:** Answers will vary.

**Answer Two:** Answers will vary.

**Source:** “How to Deal With Stress.” Gale Elementary Online Collection, Gale, part of Cengage Group, 2021. Gale In Context: Elementary, [link.gale.com/apps/doc/PGOJYO426775835/ITKE?](https://link.gale.com/apps/doc/PGOJYO426775835/ITKE?)

4

**Answer One:** Answers will vary.

**Answer Two:** Answers will vary.

**Source:** Sources will vary.

5

**Answer One:** Answers will vary.

**Answer Two:** Answers will vary.

**Source:** Sources will vary.