

# PUZZLE PIECE ACTIVITY



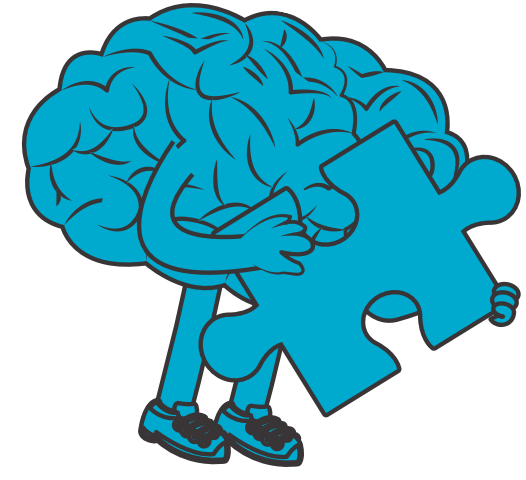
This activity will help students, or workers, explore different stressors that cause people anxiety and a variety of healthy ways to cope with the stressors. By encouraging participants to openly discuss anxiety and coping strategies, we are able to promote and encourage “When we replace “I” with “We,” Illness becomes Wellness”.

**Sometimes, all we need is to know we are not alone.**

Steps for the activity:

- 1) Students are asked to take a puzzle piece.
- 2) The students with pieces labelled A, will write down something that causes humans “stress” “anxiety” “worries”.
- 3) The students with pieces labelled B, are to write down a type of “healthy” “positive” coping strategy, that might be beneficial for someone to try when they are feeling anxious.
- 4) Give the students 5 minutes to brainstorm their responses.
- 5) Come back together as a group and have the A's and B's mingle among each other, reading each other's responses and trying to find a good “fit”.
- 6) Once all of the A and B pieces have been matched up, have each group discuss (with the class) what the anxiety was and what a positive coping strategy might be.

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Please feel free to  
use any paper available or print our puzzle pieces!

