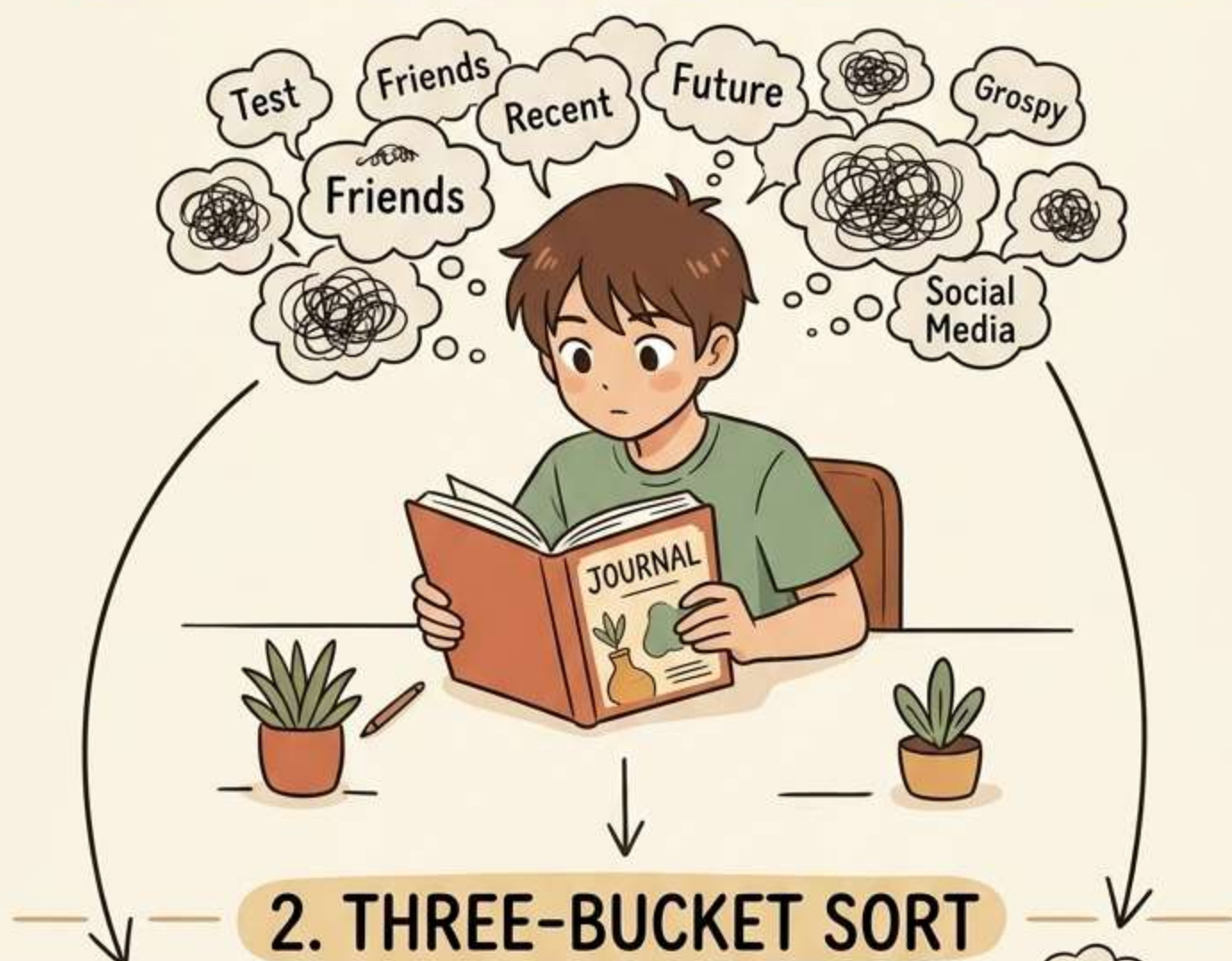


WORRY DUMP + THREE-BUCKET SORT

(Teens: Get Your Thoughts Out & Sort Them)

1. WORRY DUMP: Let your thoughts land.



2. THREE-BUCKET SORT



➤ WRITE ONE SMALL STEP.

➤ Example:
"STRESSED?
REVIEW 1 TOPIC"

➤ A FRIEND'S MOOD
➤ A POST ONLINE
➤ WHETHER SOMEONE
CHANGES THEIR MIND

➤ BULLYING
➤ UNSAFE CONFLICT
➤ ANYTHING THAT
FEELS UNSAFE

