



Kansas City Youth Court
500 E. 52nd Street
Kansas City, MO 64110
kansascityyouthcourt@gmail.com

“COPING WITH STRESS OR ANGER” Activity Information Sheet

As part of your Kansas City Youth Court Sentence, you have been ordered to complete the following activity concerning effective coping skills for stress and anger.

Watch the following “**Coping with stress or anger**” youtube videos and write a **personal reflection** about a time that they used or should have used some of the coping skills activities you learned about. (500 word minimum)

Attach a copy of your **PERSONAL REFLECTION** to your Youth Court sentence completion paperwork, and return via US mail or via email to kansascityyouthcourt@gmail.com .

<https://www.youtube.com/watch?v=DbpTohPUhMw> (anger management)



<https://www.youtube.com/watch?v=5EXpkVw3fh0> (a to z coping strategies)

