Take a minute to think about a time when you were stressed due to factors outside of your work/studies:
   1. How did it impact your work or studies?
   2. What helped you mitigate and succeed?

Discuss ideas on strategies to take into our lessons/classes with a neighbor, write out one or two ideas on a post-it to share.

What could be done to “UDLize” your idea to include multiple means of representation, expression and engagement?

Take-away: What is one thing you will do when you return to consider and respect socio-economic based stress.